

THE
Queen's Closet
OPENED.

BEING
Incomparable Secrets in PHYSICK,
SURGERY, PRESERVING,
CANDYING, and
COOKERY.

By W. W.
After the newest Mode now practi-
fied in England,
By the most experienc'd Persons of the Times.

*The Eleventh Edition, Corrected, with many New
and Large ADDITIONS throughout the whole.*

Vivit post Funera Virtus.

L O N D O N :

Printed for J. Phillips, at the King's-Arms in
St. Paul's Church-yard; H. Rhodes at the Star,
the corner of Bride-lane in Fleet-street; and
J. Taylor, at the Ship in Paper-noster-Row,
MDCCX.



4 B B 12

A LIST of the Prescribers and Approvers of most of these Choice Remedies, whose Names are, in several Pages of this Book, inserted and annexed to their own experienc'd Receipts.

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TO THE
Ingenious and Courteous

READER:

IT being at first the general Good which induc'd us to publish this useful and compleat Piece; we could not chuse but for the same end give it a new Birth, especially when we heard that we had so well attained what we sought, in regard of the Benefit which so many have received from these, which we shall now rather call *Experiments* than *Receipts* contained therein. In short, we may say, That it has had a general Reception, travelling up and down the Kingdoms, and like the good *Samaritan*, affording Comfort to all it met; neither have we known of any that have bought it, who have not testified their high Esteem thereof. And indeed, how can we think it should otherwise happen; if it be duly considered, out of what *Elaboratories* it was produc'd? Nor is it without its Variety, preserving the Fruits of the Earth with such a curious neatness, as if it would shew, that though Summer gave those pleasant

The Preface.

pleasant Fruits, yet Art is able to make Winter richer than her self; or if this will not please, instructing you how to furnish the Tables of Princes, with such a Grandezza as befits them. But as for the Physical Part, what can be more noble, than that which gives the Rich such an Opportunity of laying out their Treasure upon good Works, while they succour the Poor, and afford them Comfort in their greatest Distresses. If we have bestowed on it too narrow a Commendation, (for too large an *Encomium*, we are sure, cannot be attributed thereto, considering its real intrinsic Value;) it is not what we intended; though we are glad to see its own high Deserts carrying it so much above the reach of a more than common Repute. 'Tis true, there may be some Faults, and those may justly cause us to be blamed; but now we hope your Ingenuity will the rather forgive us and them, and with more Diligence seek to amend what is amiss; if not for our sakes, yet out of Benevolence or Charity, to a Work which is so Charitable to your selves.

Farewell,

W. M.

The

THE
Queen's Closet
 OPENED:
 OR, THE
PEARL OF PRACTICE;

Accurate, Physical, and Chirurgical
 RECEIPTS.

Dr. Butler's Preservative against the Plague.

TAKE Wood-Sorrel, pick it from the Stalk,
 and pound it very well in a Stone-Mor-
 tar. Then add to every pound of bea-
 ten Sorrel a pound of Sugar finely beaten,
 and two ounces of Mithridate; beat them very
 well together, and put them in Pots for your use.
 Take every morning before and after the Infecti-
 on, for some time together, of this Conserve as
 much as the quantity of a Walnut.

B

Dr. Butler's

Dr. Butler's Cordial Water.

TAKE Pimpernel, *Carduus*, *Angelica*, *Scordium*, Scabious, and Dragonwort, and still them severally in a Rose-Still: When you have a pint of the Water of every one of these sorts of Herbs, mingle all together very well, and dissolve therein half a pound of *Venice-Treacle*; that done, still all these together again, and let the stronger Water be mixt with the small: Six Spoonfuls of this Water made Blood-warm, given to a Person sick of the Plague, will expell all Venom from the Heart: It is excellent, so used, for the Small-Pox, or any pestilent Fever.

Dr. Butler's Purging Ale.

TAKE of *Sarsaparilla* two Ounces, Polypody of the Oak and Sena, of each four ounces; Caraway-seeds and Anis-seeds, of each half an ounce, Liquorish two ounces, Maiden-hair and Agrimony, of each one little handful, Scurvy-grass half a Bushel: Beat all these grossly, and put them into a coarse Canvas-Bag, which is to be hanged in three Gallons of strong Ale; when 'tis three Days old drink it.

Dr. Gifford's Amber-Pills for a Consumption.

TAKE of *Venice-Turpentine* one ounce washed, and six grains of the Powder of white Amber; mix them together, and set them in a clean Pot upon Embers, but let it not stand too hot: To try whether it be sufficiently digested, take a drop, and let it cool; if after it is cold it be stiff, and will not cleave to the Finger, it is enough: Then take of the Powders of Pearl, White Amber, and Coral,

Choice Physical and Chirurgical Receipts. 3

Coral, of each a quantity; also a quarter of an ounce of the inner bark of an Oak, Cinnamon and Nutmeg, of each as much, and three ounces of hard white Sugar; all these being made up into a powder, and boiled, put the Pills to them. Before you take them, you must be well purged; after which you may take three of the aforesaid Pills wrapped up in the powder, with what else you will: In the morning, take the yolk of a new-laid Egg warmed a little, put into it as much of the Powder as will lie on a Shilling, and sup it off; let this be used some time together, and there will be great benefit found by it.

To comfort the Heart and Spirits, and to suppress Melancholy.

Take the juices of Borage and Bugloss, of each one pint and a half; juice of Pippins, or Queen-Apples one pint, juice of Balm half a pint; let them be clarified: Then infuse four grams of Cochineal made into powder in the said juices being cold, in an earthen Pan for two days, stirring it often. Afterwards strain it, and with four pounds of Powder-sugar (or two pounds if you do not intend to keep it long) boil it to a Syrup: That done, take it off, and when it is almost cold, add thereto *Diamargaritum Frigidum*, one dram and a half; of *Diambra* four scruples. Take of this Liquor a spoonful or two, for many mornings together, and when you awake in the night, if there be cause: You may also add Saffron to some part of it, to make it more Cordial, by putting some powder of Saffron in a linnen-cloth tied up, and so milking it out into a Syrup; let the gross substance remain in the cloth, and take thereof sometimes. *Approved.*

A Cordial Electuary for stuffing of the Stomach, or shortness of Breath.

TAKE a pint of the best Honey, set it on the Fire, and scum it clean; then put into it a bunch of Hyssop, bruised small before you tie it up: When 'tis well boiled till the Honey taste of the Hyssop, strain out the Honey very hard, and add thereto some powder of *Angelica-Root*, to the weight of six-pence; Powder of *Elecampane-root* the weight of six-pence; Ginger and Pepper, of each the weight of two-pence, Liquorish and Anis-seed, of each the weight of eight-pence, all beaten very small severally. Put these Ingredients into the strained Honey, and let them boil a little space, stirring them well together all the time; then take them from the Fire, pour all into a clean Gally-pot, stirring it continually till it be thorough cold, and keep it close covered for your Use. When any are troubled with stuffing at the Stomach, or shortness of Breath; let them take of this Electuary, with a bruised Liquorish-stick, and they shall sensibly find much good by it. This was *Queen Elizabeth's* Electuary for these Infirmities.

Mr. Covet's Medicine for the Palsy.

TAKE a pint of the strongest Mustard, set it in an Oven two or three times, till it is as thick as a hasty-pudding; the Oven must not be too hot to burn it: Then set it on a chafing-dish of Coals till it is dry enough to make into powder. Let half an ounce of Betony-powder be mingled with the said powder, and sweeten it with Sugar-candy to your taste. Take of this every morning for ten days. *Approved.*

A Receipt to help Digestion.

TAKE two quarts of small Ale, put to it red Mint one handful, as much red Sage, and a little Cinnamon; let it boil softly till half be wasted, sweeten it with Sugar to your taste, and drink thereof a draught Morning and Evening.

A singular Cordial.

TAKE two ounces of dried red Gilly-flowers, and let them infuse in a pottle of Sack, with three ounces of fine Powder-sugar, and half a scruple of Amber-greece in powder; put all these into a Stone-bottle, stop it close with a strong Cork, and shake it often. After it has stood ten days, pass it through a Jelly-bag, and give two or three spoonfuls of it for a great Cordial. This way you may also make Lavender-Wine for the Palsy, and other Diseases.

An approved Receipt to break the Stone in the Kidneys. By Dr. Bassa an Italian.

IN the Month of May distil Cow-dung, and let two live Hares be strangled in their Blood. Then take one of them, and put it into an earthen Vessel or Pot; cover it well with Morter or Loam made of Horse-dung and Hay, and bake it in an Oven with Household-Bread; set it still in the Oven two or three days, baking it anew with any thing, till the Hare is dried to powder; then beat it well, and keep it for your Use. The other Hare you must cleave, and take out the guts only; distil all the rest, and keep this Water: Afterwards take at the new and full of the Moon, or any other time, three

mornings together, as much of this Powder as will lie on a six-pence, with two spoonfuls of the Water, and it will break any Stone in the Kidneys.

Dr. Bassa's Remedy for a bloody Urine, or to Break a Stone in the Bladder.

TAKE the water of distilled Saxifrage, Coriander, Parsly, and Broom-cod, when they are green, the Berries of white-Thorn stilled when they are ripe; they must be stamped Stones and all, and then distilled; also the green hulls of Walnuts, when they are ripe, stilled, and Raisins of the Sun stilled; every one of these Waters must be distilled by it self. Then take an equal quantity of each, and a pint of *Aqua spirita*; put all together, and distil them in an ordinary Still, or in *B.* afterwards scum the water nine or ten days, Take of this Water for ten or fifteen days, five or six spoonfuls at a time in the morning fasting, and use to take it after a day or two once in a Month.

Syrup of Turneps.

FIRST bake your Turneps in a pot with household-bread, and press out the Liquor between two platters: Then put a pint of this Liquor to half a pint of Hyssop-water, with as much brown Sugar-candy as will sweeten it; and boil it to the consistence of a Syrup. It is very good for a Cold or Consumption.

Syrup of Citron-peels.

TAKE the outermost fresh peels of Citron cut in small pieces, and pour on them two quarts of Water; then wring it through a Cloth: Put to the Liquor one pound of Powder-sugar, boil it to a Syrup, and afterwards add thereto four grains
of

Choice Physical and Chirurgical Receipts. 7

of Musk dissolved in Damask Rose-water. This Syrup is a Defensative against the Plague.

To make Noll's Water, an excellent Cordial.

TAKE of the Confection of *Alkermes* one dram, Chymical Oil of Cloves one dram, Spirit of Saffron one ounce, fine Sugar two pounds, and one gallon of the best Brandy. Stir all together one way, till the Ingredients are well incorporated, and let the Liquor stand three days; then pour off the clear, and bottle it up.

A Cordial Syrup to cleanse the Blood, open Obstructions, prevent a Consumption, &c.

TAKE Rosemary-flowers, Betony, Clove-gilly-flowers, Borage, Broom, Cowslip-flowers, red Rose-leaves, Melilot, Comfrey, Clary, Pimpernel-flowers, of each two ounces, and of red Currans four pounds; infuse all these into six quarts of Claret-Wine; add thereto fourteen pounds of ripe Elder-berries, and make the Wine scalding hot. Then put in the Flowers, Currans, and Elder-berries, cover the Pot, and paste it very close; set it in a Kettle of warm Water to infuse forty eight hours, till the virtue of the Ingredients be all drawn out. Afterwards press it out hard, and put to every pint of Liquor one pound and three quarters of Powder-sugar; boil and cum it, till you find the Syrup thick enough; when it is cold, bottle it, and keep it for your Use. Take two spoonfuls in a Morning, and so much in the Afternoon, fasting two hours after it.

*A Medicine for a Dropſy, approved by the Lady
Hobby, who was cured her ſelf by it,*

TAKE Caraways, Smallage, Thyme, Hyſſop,
Water-creſſes, Penny-royal, Nettle-tops, Ca-
lamint, Elecampane-roots, of each one little hand-
ful, and of Horſe-radish two pounds; let them
boil in fix quarts of running-water, till half be
conſumed. Afterwards having ſtrained the Li-
quor, boil it anew with a pottle of Canary-Sack,
Liquoriſh twelve ounces, ſweet Fennel-ſeed one
ounce bruifed, and a quarter of an ounce of
Cummin-ſeed bruifed: Boil all theſe above half
an hour, ſtrain the Liquor again, and keep it for
your Uſe; taking nine ſpoonfuls in the Morning
faſting, and as much at three or four a Clock in
the Afternoon; continue this Courſe for ſome time
together.

Dr. Adrian Gilbert's moſt Sovereign Cordial Water.

TAKE Spear-mint, Broom-mint, Mother of Thyme,
the bloſſom-tops of Garden-Thyme, red
Penny-royal, Scabious, Celandine, Wood-forrel,
Wood-betony, *Angelica*-leaves and Stalks, Set-
wall-leaves, Peony-leaves, Agrimony, Tor-
mentil, ſweet Marjoram, red Sage, Rue, *Rosa*
ſolis, *Angelica*-roots, Elecampane-roots, Setwall-
roots, green Penny-royal, Comfrey-bloſſoms and
leaves, Juniper-berries, of each a pound; Balm,
Carduus Benedictus, Dragons, Feaverfew, and
Wormwood, of each two pounds. Let all theſe
ſteep in the lees of ſtrong pure Claret-wine for
nine days, turning them twice every day, that they
may be well ſoaked therein. Afterwards diſtil
them in an Alembick, with two pounds of ſhaved
Harts-horn, and twelve ounces of Ivory; draw as
long

long of it as you can in several Pottle-glasses : The first Draught is counted the best, as being uncompounded and of greatest Efficacy against the Plague, spotted Feavers, ordinary Feavers, and small Pox. If you would compound it, because the water has an ill taste ; mix the first Gallon, with a Pottle of the best Malaga-Sack, and put in three pounds of Raisins of the Sun stoned, Figs one pound and a half, the flowers of Clove-gilly-flowers, Cowslips, Marigolds, and blew Violets, of each two pounds, red Rose-buds one pound, Amber-greece, Bezoar-stone, clarified Sugar, Anis-seeds, Liquorish, and what else you please.

These are Dr. *Adrian Gilbert's* Receipts, who often experienc'd them with good Success. The uncompounded Water is the more excellent ; so that if in time of infection, one take two spoonfuls of it in good Beer or White-wine ; he may safely walk from danger, by the help of God. If any of the former Diseases attack any Person, let him or her take four ounces of the first Water, and mix therewith either Syrup of Violets, Clove-gilly-flowers, or *Angelica*, as the Disease is : One spoonful of the Syrup is sufficient for four ounces of the Water. So take it three times.

For a swoln Face.

TAKE Oil of Elder and Plantain-water, of each one ounce : Beat them well together, till they are exactly incorporated, and therewith anoint the tumified Part twice or thrice in a day, till the swelling be chased away.

B 5 *Cock*

Cock-water for a Consumption.

L Et a young Cock be pulled alive, killed, and cut a-croſs the Back: Then take out the Entrails, wipe the Body clean, quarter it, and break the Bones: That done, put all into a Rose-water Still, with a Pottle of Sack, Currans, Raiſins of the Sun ſtoned, and Figs ſliced, of each one pound; Dates ſtoned, and cut ſmall, half a pound; Rosemary-flowers, wild Thyme, Spear-mint, of each one handful; Organy or wild Marjoram, Bugloſs, Pimpernel, of each two handfuls, and a pottle of new Milk from a red Cow. Diſtil theſe with a gentle Fire, put into the Receiver a quarter of a pound of brown Sugar-candy beaten ſmall, four grains of Amber-greece, forty grains of prepared Pearl, and half a book of Leaf-gold cut very ſmall; you muſt mingle the ſtrong Water with the ſmall, and let the Patient take two ſpoonfuls of it in the Morning, and as much at going to Bed.

A precious Cordial for a ſick Perſon.

TAKE three ſpoonfuls of Mint-water, as much of Muſcadine and Wormwood-water, two or three ſpoonfuls of fine Sugar, and two or three drops of Cinnamon-ſpirit: Beat theſe well together, with two or three ſpoonfuls of the Spirit of Clove-gilly-flowers, and give the Patient now and then one ſpoonful of it; eſpecially when he or ſhe is going to Bed.

Wormwood-Cakes good for a cold Stomach, and to help Diſteſtion.

L Et two ounces of fine ſifted Sugar, be ſoaked in Spirit of Wormwood; and let a little Gum Tragacanth

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Tragacanth steep all night in Rose-water. Then take some of this and the wet Sugar, and beat them together in an Alabaster-Mortar, till it come to a Paste like dough; if you please put a little Musk thereto: Afterwards make it up in little Cakes of the breadth of a groat or three-pence; lay them upon Plates, dry them gently in an Oven, and keep them in a dry place for Use. Upon occasion, hold one of them in your Mouth to melt, and swallow the dissolved juice thereof for the aforesaid Infirmities.

*A most excellent Aqua Cœlestis, prescribed by
Mr. Philips Apothecary.*

TAKE of Cinnamon one dram, Ginger half a dram, the three sorts of Sanders, of each three quarters of an ounce; Mace and Cubebs, of each one dram; *Cardamum* the bigger and lesser, of each three drams; Serwall-roots half an ounce, Anis-seed, Fennel-seed, Basil-seed, of each two drams, *Angelica*-roots, Gilly-flowers, Thyme, Calamint, Liquorish, *Calamus*, Master-wort, Pennyroyal, Mint, Mother of Thyme, Marjoram, of each two drams; red Rose-seed, the Flowers of Sage and Beteny, of each a dram and a half; Galingale, Cloves, Nutmeg, of each two drams; the Flowers of Stechadœ, Rosemary, Borage and Bugloss, of each a dram and a half; Citron-peel three drams, all bruised: To these add the Cordial Powders, *Diambra*, *Diamargariton*, *Diamoschum*, of each three drams. Infuse all these Ingredients in six quarts of *Aqua Vitæ*, in a Glass-vessel close stopp'd for fifteen days, often shaking it: Then put them into an Alembick well luted, and let them distil gently, hanging at the Nose of your Still, a
Rag.

Rag with two drams of Musk, half a dram of Amber-greece, and ten or twelve grains of Gold.

Aqua Mirabilis, according to St. Kenelm Digby's Receipt.

TAKE Cubebs, Galingale, Cardamum, Melilot-flowers, Cloves, Mace, Ginger, Cinnamon, of each one dram, beaten small; juice of Celandine one pint, juice of Spear-mint half a pint, juice of Balm half a pint, Sugar one pound; Flowers of Cowslips, Rosemary, Borage, Bugloss, Marigolds, of each two drams; the best Canary-wine three pints, strong Angelica-water, one pint, red Rose-water, half a pint. The Flowers being bruised, and the Spice beaten, let them steep in the Sack and Juices one Night. The next Morning, distil them in an ordinary Limbeck or Glass-body, having first laid Harts-tongue leaves in the bottom of it.

The Virtues of the said Aqua Mirabilis.

This Water secures the Lungs from Distempers and helps them; it keeps the Blood in Wounds from putrifying and encreases the same; it prevents the Heart-burn and Melancholy, and will not suffer the Spleen to rise: It expels Rheum, strengthens the Stomach, conserves Youth, and occasions a good Complexion; it preserves the Memory, and destroys the Palsy. If a spoonful thereof be given to a dying Person, it will revive him. In the Summer, take one spoonful a Week fasting, and in the Winter two spoonfuls.

An excellent Aqua Vitæ, good for several Distempers.

TAke Balm-leaves and Stalks, Burnet-leaves and Flowers, Rosemary, red Sage, Tarragon, Tormentil-leaves, *Rosa Solis*, red Roses, Carnations, Hyssop, Thyme, red Strings that grow upon Savoury, red Fennel-leaves and Roots, red Mint, of each one handful : Bruise these Herbs, put them into a great earthen Pot, and pour on them as much White-wine as will cover them ; stop them close, and let them steep for eight or nine Days : Then add Cinnamon, Ginger, *Angelica*-seeds, Cloves and Nutmegs, of each one ounce ; a little Saffron, of Sugar one pound, Raisins of the Sun stoned one pound ; Dates stoned and sliced half a pound, the Loins and Legs of an old Coney, a fleshy running Capon, the red Flesh of the Sinews of a Leg of Mutton, four young Chickens, twelve Larks, the Yolks of twelve Eggs, a Loaf of white-bread cut in slices two or three ounces of Mithridate or Treacle, and as much Bastard, or Muscadine as will cover them all : Let the whole Mass be distilled with a moderate Fire, and keep the first and second Waters by themselves ; when there comes no more by distilling, put more Wine into the Pot upon the same stuff, and distill it again, and you shall have another good Water. This Water must be kept in a double Glass close stopped very carefully : It is good against many Infirmities, as the Droply, Palsy, Ague, Sweating, Spleen, Worms, Yellow and Black Jaundies ; it strengthens the Spirits, Brain, Heart, Liver and Stomach. Take two or three spoonfulls when need is, by it self ; or with Ale, Beer, or Wine mingled, with Sugar.

Dr.

Dr. Atkinson's excellent Perfume against the Plague.

TAKE *Angelica*-roots; dry them a little in an Oven, or by the Fire, bruise them very soft, and lay them in Wine-Vinegar to steep, being close covered three or four Days: Then heat a Brick hot, and let it be laid thereon every Morning; this is excellent to air the House or any Cloaths, or to breath over in the Morning fasting.

To make a Saffron-Water.

TAKE seven quarts of White-wine, and infuse in it all Night one ounce of Saffron dried: In the Morning, distill it in a Limbeck or Glass-Body with a head, and put some white Sugar-candy finely beaten into the Receiver for it to drop on.

Mr. Stepkins's Water for the Eyes.

TAKE four ounces of white Rose-water, with two drams of Tuty, in powder, and shake them well together in a Glass-Vial; drop a little of this Water into the Eyes Evening and Morning; it is very good for any hot Rheum.

A precious Water to revive the Spirits.

TAKE four Gallons of strong Ale, five ounces of Anis-seeds, Liquorish scraped, half a pound, sweet Mint, *Angelica*, Betony, Cowslip-flowers, Sage, and Rosemary-flowers, sweet Marjoram, of each three handfuls; Pellitory of the Wall one handful. After the Liquor has stood two or three Days, distil it in a Limbeck, and infuse in the Water, one handful of the aforesaid Flowers, with Cinnamon and Fennel-seed, of each half an ounce; Juniper-berries, bruised, one dram; Red Rose-buds,

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buds, roasted Apples and Dates sliced and stoned, of each half a pound : Distil all again, and sweeten it with some Sugar-Candy ; then take of Amber-greece, Pearl, red Coral, Harts-horn powdered, and leaf-Gold, of each half a dram ; put them into a fine Linnen-bag, and hang it by a Thread in a Glass.

The Bishop of Worcester's admirably curing Powder.

TAKE black tips of Crabs-claws when the Sun enters the Sign of *Cancer*, which is every Year on the Eleventh day of *June* ; pick and wash them clean, and beat them into Powder, which is to be sifted fine : Then take Musk and Civer, of each three grains ; Amber-greece twelve grains, rub them in the bottom of a Mortar, and beat them and the Powder of the Claws together ; that done, mix one ounce of the magistery of Pearl with a pound of this Powder. Then take ten Skins of Adders, or Snakes, or Slow-worms, cut them in pieces, and put them into a Pipkin, to a pint and a half of Spring-Water ; cover it close, and set it on a gentle Fire to simmer only, not to boil, for ten or twelve hours, in which time it will be turned into a Jelly ; therewith make the said Powder into Balls. If such Skins are not to be got, take six ounces of shaved Harts-horn, boil it to a Jelly, and make up the Balls as before ; the Horn must be of a red Deer killed in *August*, when the Moon is in *Leo*, for that is best. The Dose is seven or eight Grains in Beer or Wine.

To make Spirit of Castoreum.

TAKE of Calamint four ounces, Orange-peel two ounces, Nep half a handful, Walnut-blossoms

blossoms half an ounce, Rosemary-flowers, and tops of Sage, of each one handful, *Castoreum* one ounce, and White-wine one quart; distil all these in an Alembick. This Water is good for Swooning-Fits, weak Stomachs, and rising of the Mother.

A Water for the Stone.

TAKE a quart of clean pick'd Strawberries, put them into a Glass, and pour on them a quart of *Aqua Vite*; let them stand and steep: Take two or three Spoonfuls of this Water morning and evening with fine Sugar, or white Sugar-candy: It will keep all the Year. *Approved.*

To make Doctor Stephen's Water.

TAKE a Gallon of Claret-wine or Sack, Cinnamon, Ginger, Grains of Paradise, Galingale, Nutmeg, Anis-seed and Fennel-seed, of each three Drams; also Sage, Mint, red Roses, Pellitory of the Wall, wild Marjoram, Rosemary, wild Thyme, Camomile, Lavender, of each one handful: Bruise the said Spices small, cut and bruise the Herbs, and put all into the Wine in a Limbeck; after it has stood twenty four hours, distil it gently, and keep the first Water by it self, as also the second.

For a Tetter.

TAKE Water of red Tar, and wash it therewith: This is an approved Remedy.

A special Water for a Consumption.

TAKE a peck of Garden-shell-Snails; wash them in small Beer, and put them into a great Iron-dripping-pan; set them over a hot **Charcoal**

Charcoal-Fire, and keep them continually stirring till they make no noise at all; then with a Knife and Cloth pick them out, and wipe them clean; afterwards bruise them in a Stone-mortar Shells and all: In the mean time, let a quart of Earth-worms be ripped up with a Knife, scoured with Salt, washed clean, and beat in a Mortar; that done, take a large clean Brass-pot to distil them in: To these add two handfuls of *Angelica*; two handfuls of *Celandine*, a quart of *Rosemary-flowers*; *Betony* and *Agrimony*, of each two handfuls; *Bears-foot*, red *Dock-leaves*, the Bark of *Barberries* and *Wood-sorrel*, of each one handful; *Rice* half a handful, *Fenugreek* and *Turmeric*, of each one ounce; *Saffron* dried and beaten into Powder, the weight of Six-pence, *Harts-horn* and *Cloves* beaten, of each three ounces: When all these Ingredients are in the Pot, put the *Snails* and *Worms* upon them, and pour in three Gallons of strong Ale; then set on the Alembick, and paste it close with Rye-dough, that no Air come out, or get in; so let it stand twenty one hours, distil it with a moderate Fire, and receive the several Quarts in several Glasses close stoppt. The Patient must take every Morning fasting, not sleeping after it, two Spoonfuls of the strongest Water and four Spoonfuls of the weakest at one time, fasting two hours after it.

Syrup of Pear-mains good against Melancholy.

Take one Quart of the Juice of Pear-mains, boil it over a gentle Fire till half be consumed; then put it into a Glass, and let it stand till it is settled; afterwards add thereto as much of the Juice of the Leaves and Roots of *Borage*, with half a pound of Sugar, and three ounces of Syrup

Syrup of Citrons; let all boil together to the Consistence of a Syrup.

An excellent Medicine for the Plague after Infection, prescribed by Dr. Price and Mr. Fenton, an eminent Surgeon.

TAKE (as soon as you find your self sick) as much *Diascordium* as the weight of a Shilling, with ten Grains of the Powder called *Species de gemmis*, well mingled together; soon after this, drink a good draught of hot Posset-Ale made with *Carduus Benedictus*, Sorrel, Scabious, and *Scordium*: Within eight Hours after, take the *Diascordium* and Posset again as aforesaid, and in like sort the third time, within eight hours after; but none above three times, nor the third time, if you mend after the first or second taking.

A Drink for the Plague or Pestilent Fever, approved by the Countess of Arundel, in the Year 1603.

LET a pint of Malmsey be burnt, and a spoonful of Grains bruised put thereto: Take four spoonfuls of the same in a Porringer, put therein a spoonful of Jean-Treacle, and give the Patient to drink as hot as he can endure it; let him drink a draught of the Malmsey after it, and so sweat: If the Party be vehemently infected he will bring the Medicine up again; but you must apply the same very often day and night till he brook it; for so long as he brings it up again there is danger of him; but if he once brook it, there is no doubt of his Recovery by the Grace of God: When the Party infected has taken the aforesaid Medicine and sweats, if he bring it up again, you must give him the aforesaid quantity of Malmsey and Grains,
but

but no Treacle ; for it will be too hot for him, being in a Sweat. This Medicine is approved, so that several Persons have recovered, while the Sheets have been found full of blew Marks, and no Sore has come forth ; it being taken in the beginning of the Sicknes. Also this Medicine sav'd thirty eight Commons of *Windsor*, and Tryal has been made of it in the great Plague, *An.* 1593, upon many poor People who recover'd.

Syrup of Hyssop for a Cold.

TAKE a handful of Hyssop, Figgs, Raisins, Dates, of each one ounce ; Collipint half a handful, *French* Barley, one ounce : Let these boil in three pints of fair Water till 'ris consum'd to a quart, then strain the Liquor, and clarify it with Whites of Eggs, in order to be boil'd to a Syrup, with two pounds of fine Sugar.

Another Syrup for a Cold.

TAKE Penny-royal half an ounce, Raisins of the Sun stoned one ounce, half so much Liquorish bruised, and boil them in a pint of running Water, till half be consumed : Then strain it out hard, and with Sugar boil it to a pretty thick Syrup ; take it with a Liquorish-stick. *Often approved.*

The Lady Thornburgh's Syrup of Elder-berries.

GATHER your Elder-berries while they are red, bruise them in a Stone-mortar ; boil the strained Juice till it be almost half consum'd, and scum it very clear : That done, take it off the Fire and put in Sugar till it comes to the Consistence of a Syrup ; when it is cold, turn it into Glasses, but do not fill them to the top ; for it will work like Beer.

This

This Syrup cleanses the Stomach and Spleen, and removes all Obstructions of the Liver; taking the quantity of a Spoonful in the Morning, and fasting a short time after it.

Syrup of Sugar.

TAKE Sugar-candy, pour Spirit of Wine over it to a Finger's breadth, and set it on the Fire, till it comes to the thickness of Syrup. It is us'd with good success in Distempers of the Lungs, and for a Cough.

An Excellent Receipt for a precious Water.

TAKE a pottle of the second Water of *Aqua Composita*, sweet Marjoram, the Flowers of Cowslip, Rosemary and Sage, of each one handful; the seeds of Anise, Caraway, Coriander, Fennel, and Gromel, and Juniper-berries, of each one spoonful; three or four Nutmegs, Cinnamon one ounce, two or three large blades of Mace; bruise all these, and let them lye ten days in steep in the *Aqua Composita*: Set the Glass in the Sun, and stir it well every Morning; then strain it and put to it three quarters of a pound of fine Sugar, one grain of Amber-greece, and two grains of Musk.

A Salve for the Eyes made by Sir Edward Spencer.

TAKE of new Hogs-grease tryed and clarified two ounces, steep it six hours in red Rose-water; then wash it in the best White-wine, wherein *Lapis Colaminaris* has been twelve times quenched: It will take up a pottle of White-wine; for the *Lapis Calaminaris* will waste it by often quenching; a piece of the *Lapis* as big as a Turkey-Egg will serve: When the Grease is well washed,

washed, add to it one ounce of *Lapis Tutia* prepared, of *Lapis Hematites* well washed, two scruples, Succotrine Aloes twelve grains, and Pearl four grains; all these must be prepared and made into fine Powder; pour on it some red Fennel-water, and make it into a Salve. If the Eyes are very ill, put into each corner of them, as much as a pin's head of this Salve; and if they are exceeding sore, only anoint the Eye-lids therewith. As the Salve dries put to it red Fennel-water to keep it moist.

For the small Pox or Measles.

TAKE an ounce of Treacle, half an ounce of Setwall cut small, and a penny-worth of Saffron ground small. Mix them, and take thereof in a Morning upon a knife's point, as much as you can get up at twice or thrice, three Mornings together,

A very good Glister for the Wind.

TAKE Mallow-leaves, Camomile, Mercury, Pelitory of the wall, Mugwort and Pennyroyal, of each a small handful; Melilot and Camomile-flowers, of each half a handful; the seeds of Anise, Caraway, Cummin and Fennel, of each one quarter of an ounce; Barberries and Juniper-berries, of each three drams; boil all these in three pints of clear Posset-ale to twelve ounces, and use it warm.

The King's Medicine for the Plague.

TAKE a little handful of Herb-grace, as much Sage, the like quantity of Elder-leaves, as much red Bramble-leaves; stamp them together, and strain them through a fair Linnen-cloth, with

a quart of White-wine, a quantity of White-wine Vinegar, and some white Ginger, and mingle all together : After the first day, you shall be safe twenty four ; and after the ninth day, a whole Year by the grace of God : If it so happen, that one be seized with the Plague before he has drunk the Medicine ; take the aforesaid with a spoonful of Scabious, a spoonful of Betony-water, and some Treacle ; having mixt these together, cause the Patient to drink it, and it will expel all venom : If the Botch appears, take the leaves of red Brambles, Elder-leaves, and Mustard-seeds ; stamp them together, make a Plaister thereof, and lay it to the Sore ; it will draw out all the Venom, and the Party shall recover.

A Medicine for the Plague, which the Lord Mayor had from the Queen.

TAKE Sage, Elder, and red Bramble-leaves, of each one little handful ; stamp and strain them together through a Cloth with a quart of White-wine ; then take a quantity of White-wine Vinegar, and mingle them together : Drink thereof Morning and Night, a spoonful at a time nine Days together, and you shall be whole. There is no Medicine more excellent than the following, when the Sore appears ; *viz.* Take a Cock-chick, pull it, and let the Rump be bare ; hold the Rump of the said Chick to the Sore, and it will gape and labour for life, and at last die ; then take another, and the third, and so long as any one dies ; for when the Poison is quite drawn out, the Chick will live, the Sore presently will assuage, and the Party recover. *Mr. Winslow* experienc'd this upon one of his own Children ; the thirteenth Chick

Chick dy'd, the fourteenth liv'd, and the Party was cured.

The Lord Treasurer's Receipt for an Ague.

LEt a convenient quantity of Plantain be shred, and double distilled: Take six or eight spoonfuls of this Water, with as much Borage-water, a little Sugar, and one Nutmeg, and drink it warm in the cold Fit; by God's help it will cure you.

For Rheum in the Eyes.

TAke one spoonful of Cummin-seed beaten fine, and boil it in Verjuce till half be consumed; put to it some course Wheat-bran; and boil it till it be dry: Then wrap it up in a small Linnen-Bag, and lay it to the nape of the Neck so hot as you can endure it, and it will draw the Rheum away.

To break the Stone and bring away Gravel.

TAke the inner bark of a red Filberd-tree, shave a good handful of it, and let it steep with as much Saxifrage in a quart of Ale or White-wine: Drink a good draught thereof nine Mornings together fasting.

*A Cordial Water in the time of Infiction, by
Sir Thomas Mayner.*

TAke of the juice of green Walnut shells two quarts, the juices of Balm, *Carduus Benedictus*, and Marigolds, of each three quarts; Roots of great Docks half a pound, Butchers-broom-roots, in all three quarters of a pound; *Angelica* and Master-wort, of each three ounces, *Scordium*-leaves two handfuls, *Venice-Treacle* and *Mithridate*,

thridate, of each four ounces ; Canary-wine three pints, juice of Lemmons one pint : Let all these Ingredients be digested in a Glasse-body two days, close stoppt ; then put on a glasse-head and distill the same : When they are half distilled, strain that which is left in the Glasse, through a Linnen-cloth, and distill it till it grow thick as Honey ; which put into a Gally-pot, and give some of it in the time of Infection, on a Knife's point. The distilled Water is also good for the same purpose.

China broth for a Consumption.

TAKE an ounce of China-root chipped thin and steep it in three pints of Water all Night on Embers covered : The next day, take a Cock-chicken deplumed and exenterated, and put in its Belly Agrimony, Maiden-hair, of each half a handful ; Raisins of the Sun stoned, one good handful, and as much French Barley : Boil all these in a Pipkin close covered on a gentle Fire for six or seven hours ; let it stand till it be cold, strain it, or let it run through an Hippocras-bag, and keep it in a glasse for Use. Take a good draught of it in the Morning, and at four a Clock in the Afternoon.

A Comfortable Bag for the Stomach.

TAKE Balm, Wormwood, Rosemary, Spere-mint, Sweet Marjoram, Winter-savory, of each half a handful ; dry them between two Dish-clothes, on a Chafing-dish of Coals, sprinkling them often with good Vinegar. When they are well dried, add thereto some crums of Bread, Cloves, Cinnamon, and Nutmeg beaten to powder ; put them into a fine Linnen-bag, quilt it, and lay it warm to the Stomach.

To encrease Womens Milk.

BRuise Fennel-seeds, boil them in Barley-water, and let the Woman drink thereof often.

To expel Wind.

TAKE a handful of Groundsel stripped downwards, as much Sage, and a quarter of a pound of Currans; boil these in a pint of Ale, and drink it.

For the Piles.

TAKE of white Lead scraped fine, one dram, burnt Allum two drams; temper them with Hoggs-lard, and Plantain-water, and therewith anoint the aggrieved Part.

An excellent Mouth-water.

TAKE the Leaves of Columbine, Strawberries, Bramble, Honey-suckle, Violet, Cinquefoil, Plantain, and Hyssop, of each one handful; let these boil in three pints of Spring-water, to a quart: Then put in a piece of Roach-allum, and as much Honey as you think fit; but the Honey and Allum are to be dissolved in some of the boiling Water, and then mingled all together. This will cure a Canker or any other Sore in the Mouth.

For a Thrush, or Canker in the Mouth.

TAKE two spoonfuls of clarified Honey, put a piece of Allum between red-hot Tongs, and hold it till it drop into the Honey; and therewith beset the Mouth often, till it be perfectly cured.

A green Ointment good for Bruises, Swellings, and Wrenches in Man, Horse, or other Beasts.

TAKE six pounds of May-Butter-unsalted, Oil of Olives one quart, Barrows-grease four pounds; Rosin, and Turpentine, of each one pound, Frankincense half a pound: Then take these following Herbs, of each one handful, *viz.* Balm, Smal-lage, Lovage, red Sage, Lavender-cotton, Marjoram, Rosemary, Mallows, Camomile, Plantain, All-heal, Chickweed, Rue, Parsley, Comfrey, Laurel-leaves, Birch-leaves, Long-wort; *Englisch* Tobacco, Groundsel, Wound-wort, Agrimony, Briony, *Carduus Benedictus*, Betony, Adders-tongue, Saint Johns-wort; pick all these, wash them clean, and strain the Water clear from them. These Herbs must be gathered after Sun-rising, and stamp very small in a Stone-Mortar; let the Rosin and Frankincense be beaten to Powder, and melted alone; then pour in the Oil, Butter, and Hogg-grease. When all is well melted, slip in the Herbs, and let them boil half a quarter of an hour; that done, take off the Liquor from the Fire, and having scummed it very clean a quarter of an hour, put in the Turpentine, with two ounces of Verdegrease; stir it well, or else it will run over, and keep stirring it till it leave boiling: Afterwards put it into an earthen Pot, which stop very close with a Cloth, and a Board on the top, and set in an Horse-dunghil for twenty one days; then take it out, put it into a Kettle, and let it boil a little, taking heed that it boil not over: Lastly strain it through a course Cloth, put thereto half a pound of Oil of Spike, and cover the top close till you use it. When you have any occasion

warm it a little for a cold cause, and anoint the Part affected.* Mix this Oil with the like quantity of the Oil of Bays, when it is for the Malenders in a Horse, or to dry the Itch in a Horse or Mare; then rake Quick-silver, and beat it often with fasting-spittle till it is killed and look black; rake also a quart of Comfrey to the quantity of Quick-silver, to which put thrice so much of the said Oil, beat all well together, and use it. For a Man, this Ointment must be well chafed in the Palm of the Hand three or four times. If you use it for a Horse, add thereto Brimstone beaten fine, and work all together as aforesaid.

An excellent Sear-cloth for a Wound, Bruise or Ache.

TAKE a pint of Oil of Olives, four ounces of *Unguentum Populeum*, the Oils of Camomile and Roses, of each one ounce, Virgins-wax three ounces, red Lead in powder eight ounces: Boil these together, continually stirring them, till they will stick to a Cloth, which is enough; then wet your Cloaths in them, and hang them up to dry. The best time to make it is in *March*.

Doctor Read's Perfume to smell against the Plague.

FIRST take half a pint of red Rose-water, and put thereto the quantity of a hazel-nut of *Venice-Treacle* or *Mithridate*, stirring them together till they are well incorporated: Then add a quarter of an ounce of Cinnamon broken into small pieces, and bruised in a Mortar, twelve Cloves bruised, the quantity of an hazel-nut of *Angelica-root* sliced very thin, as much of *Setwall-roots* sliced, and three or four spoonfuls of *White-wine*
C 2 *Vinegar*;

Vinegar; and mix them all together in a Glass, which must be stopp'd very close; shake it two or three times a day, and keep it for Use. In the Winter, you may put to it three or four spoonfuls of Cinnamon-water or Sack.

Sir Edward Tertill's Salve, called the chief of all Salves.

TAKE Rosin eight ounces, Virgin's Wax and Frankincense, of each four ounces, Mastick one ounce, Harts-suet four ounces, Camphire two Drams; beat the Rosin, Mastick and Frankincense in a Mortar to fine Powder; then melt the Rosin and Wax together, and put in the Powders. When they are well melted strain the Liquor through a Cloth into a Pottle of White-wine, and boil it together till it be somewhat thick; let it cool, and put in the Camphire, with four ounces of *Venice-Turpentine*, drop by drop, lest it clumper, stirring it continually; that done, make it up into Rolls, and lay it in your Repository.

The Virtues and use of this Salve are as follows; viz.

1. **I**T is good for all Wounds and Ulcers, old or new, in any Part.
2. It cleanses all Festers in the Flesh, and heals more in nine days, than other Salves cure in a Month.
3. It suffers no dead Flesh to breed or abide where it comes.
4. It cures the Head-ach, rubbing the Temple therewith.
5. It cures a salt steame Face.

6. It helps Sinews that grow stiff, or spring with labour, or grow dry for want of Blood.

7. It draws out rusty Iron, Arrow-heads, Stubs, Splints, Thorns, or whatsoever is fixed in the Flesh or Wound.

8. It cures the biting of a mad Dog, or pricking of any venomous Creatures.

9. It cures all Felons, or Whitlows.

10. It is good for all festering Cankers.

11. It helps all Aches of the Liver, Spleen, Kidneys, Back, Sides, Arms, or Legs.

12. It cures Biles, Blanes, Batches, Impo-
stumes, and Swellings, in any part of the Body.

13. It helps all Aches and pains of the Genitals
in Man or Woman.

14. It cures Scab, Itch, Wrenches, Sprains, Strains, Gouts, Palfies, Dropfies, and Waters between the Flefh and Skin.

15. It heals the Hemorrhoids or Piles, in Man or Woman.

16. It cures the bloody Flux, if the Belly be anointed therewith.

17. A Sear-cloth may be made thereof to heal all the abovesaid Maladies, with very many others, which for Brevity sake are omitted.

A Restorative Broth.

L Et a young Cock or Capon be flead, and cut
in four quarters; take our the Bones, chop
the Fleſh ſomewhat ſmall, put it into an earthen
Pot of three quarts, with a cloſe cover, and pour
on it a quart of good red Wine, with a pint of
red Roſe-water; then put in one handful of Cur-
rans, ten Dates ſtoned and cut ſmall, Roſemary-
flowers or leaves, and Borage, of each half a
C 3 handful:

handful : That done, close on the cover of the Pot very fast, set it in a big Brass-pot of Water, and let it boil five or six hours, taking heed that the Water in the Brass-pot do not get into the other. When it is well boiled, let it cool leisurely in the Brass-pot, bruise all with a Ladle, and strain out the Liquor ; of which take Morning and Evening, four or five Spoonfuls Blood-warm.

A Medicine for the Piles.

TAKE one spoonful of white Dogs-turd, as much white Frankincense, and twenty four grains of Aloes, beat them fine and sift them : Then take one spoonful of Honey, the yolk of an Egg, and as much Oil of Roses as will make it an Ointment ; mingle them well together, and anoint the Part affected : If the Sore be inward, wet a Tent of Lint in the Ointment, and put it into the Fundament ; spread some of the Ointment on a Cloth, and lay that upon the Part. This is a present Remedy.

The Receipt of the Lady Kent's Powder.

TAKE white Amber, Crabs-eyes, red Coral, Harts-horn and Pearl, all prepared a-part, of each an equal quantity ; tear and mingle them : Afterwards having provided Harts-horn Jelly, that has some Saffron dissolv'd in it, make your Powders into a Paste therewith ; which Paste is to be roll'd up into little Balls, and gently dry'd before the Fire. Pearl is prepared, by dissolving it with the juice of Lemmons, and Amber, by beating it to Powder ; as also Crabs-eyes and Coral : Harts-horn is prepar'd by burning it in the Fire, and taking the Shires thereof, the Pith wholly laid aside.

A Plague-Water, to be taken one Spoonful every four Hours, with a Sweat every time.

TAKE Scabious, Betony, Pimpernel, and Tormentil-roots, of each a pound : Let these steep all Night in three Gallons of strong Beer, and the next Day distil them in an Alembick. When you use this Water, take a spoonful thereof every four Hours, and sweat well after it. If your Beer be too strong, draw two quarts of Water, and mingle both together.

Another sort of Water, of great Efficacy against the Plague.

TAKE three pints of Malmsey, or Muscadine ; Sage and Rue, of each one handful ; let all boil gently to one pint : Afterwards, having strained the Liquor, set it over the Fire again, and put into it one penny-worth of long Pepper, Ginger four drams, Nutmeg two drams, all beaten together : Then let it boil a little, remove it from the Fire, and while it is very hot, dissolve therein six Penny-worth of Mithridate, and three Penny-worth of Venice-Treacle : When 'tis almost cold, add thereto a pint of strong Angelica water, or so much Aqua Vita, and keep it in a Glass close stoppt.

Poppey-Water.

TAKE four pounds of Poppey-flowers, well pick'd and sifted ; steep them all Night in three Gallons of Ale, and distil it in an Alembick ; thus you may draw off two quarts, the first will be strong, and the other smaller.

C 44 *For*

For a sore Throat.

Mingle burnt Allum, the yolk of an Egg, powder of white Dogs-turd, and some Honey together; tie a Rag dipt in this Mixture, on the end of a Stick, and therewith rub the Throat: Or else mix white Dogs-turd and Honey, spread it on Sheeps-leather, and apply it to the Throat.

To void Phlegm from the Head, Lungs, or Stomach.

After having mixed Pellitory-roots and Mustard together, hold it in the Mouth, and it will draw out much Phlegm from the Head. But if you boil Pellitory-roots, Hyssop and Mustard, in Wine and Vinegar, and gargle the Throat with it; it will cleanse the Lungs and Stomach perfectly.

The Lady Drury's Medicine for the Colick. Approved.

Take a Turf of green Grass, lay it to the Navel, and let it lie till you find Ease; the green side must be laid next to the Belly.

A Medicine for one thick of Hearing. Approved.

Take Garden Daisie-roots, and make juice thereof; lay the worst side of the Head low upon the Bolster, and drop three or four drops of the Juice into the better Ear; this do three or four days together.

An excellent Drink for the Stone.

Take Sassafras and Sarsaparilla, shaved small, of each two ounces; China-root and Tormential-root, of each one ounce sliced small; Liquorish half a pound beaten, Anis-seed four ounces bruised;

bruised ; steep all these in three gallons of Running-water for twelve hours ; then put to them the following Simples, picked and washed, *viz.* Columbine, Ladies-mantle, Marsh-Mallow, and Mouse-ear-roots slit, Herb-Robert, Rib-wort, Sanicle, Scabious, Agrimony, Colts-foot and Betony, of each two handfuls ; boil all these together on a soft Fire, till one Gallon be consumed : Strain it out and keep the Liquor in a Glass close-stopp'd, and take all that remains in the Strainer : Afterwards put it into the Pot again, pour thereon two gallons of Running-water, and boil it till half the Liquor be consumed ; that done, strain it out, and put both Liquors together ; set them on the Fire, put a quart of White-wine thereto, and let it boil a while gently : Then scum your Liquor clean, take it off the Fire, and put to it half an ounce of Rhubarb slit, with two ounces of good *Sena*-leaves ; stir them well together, cover the Pot close to keep in the heat, and let it stand all Night ; in the Morning stir it well, cover it again, and so let it stand four Days. Take of this Liquor in the Morning fasting, at four a Clock in the Afternoon, and after Supper at Bed-time ; at each time the quantity of six ounces, and so it must be used till you feel ease.

To make Ale for the Spleen.

TAKE a good handful of red Dock-roots, clean washed, scraped, and sliced ; a handful of Liver-wort, and as much Tamarisk : Let all these be well boiled in three or four Gallons of new Ale-wort ; and when it is put into the Vessel, add thereto, a handful of Wormwood ; it may be drunk after three Days settling.

To preserve a Woman with Child from Miscarrying.

PUT a few Cloves and Cinnamon with a Sprig of Balm and Rosemary into a pint of Claret Wine, and burn it all together; then beat the yolks of six new-laid Eggs, and slip them into the Wine on the Fire: That done, take the Treadles of twelve Eggs, and the white of one Egg, and beat them to an Oil; take off the white Froth from it, put this Oil into the Wine, and brew all well together with as much powder'd Sugar as will make it of an indifferent sweetness: Let the Party take four Spoonfuls of this Medicine at a time, when she feels any Pain to begin in her Back or Belly.

Dr. May's Juice of Liquorish, to stay Rheum and preserve the Lungs.

TAKE six little handfuls of the tops of Hyssop, Rosemary-flowers one little handful, of the Leaves of Colts-foot four little handfuls; stamp them, take their juice, and put to it a pint of Hyssop-water; add to all these, four ounces of Liquorish finely beaten and sifted; set your whole Mixture on the Fire, and boil it till it is as thick as Cream; then strain it through a fine Strainer, set it again over the Fire, stir it continually till it boil; put into it boiling, four ounces of yellow Sugar-candy; let it boil till it rise from the bottom, and make it up into Cakes or Rolls as you please.

To kill a Felon quickly.

TAKE a little Rue and Sage, stamp them small, put to it Oil of the white of an Egg, and a little Honey, and lay it to the Sore.

A Remedy for the Pain in the Stomach.

TAKE a pottle of White-wine, eight ounces of Currans, and four ounces of Elecampane-roots sliced, a sprig of Marjoram and Spear-mint; boil all these together, till the Currans are soft, adding to it one spoonful of sweet Fennel-seed bruiled. Drink of this Liquor every Morning fasting, at four a Clock in the Afternoon, and when you go to Bed, the quantity of six spoonfuls. In the mean time, apply to your Stomach one spoonful of Conserve of Roses, two Penny-worth of Mithridate, Cinnamon, Cloves; and Nutmegs, of each one spoonful, and a Penny-worth of Saffron; mix these together with Rose-water, and Wine-vinegar, and put them in a Linnen-bag; warm it, and lay it to the Stomach.

To cure Diseases without taking any thing at the Mouth.

TAKE one pound of *Aloes Hepatica*, of Myrrh four ounces, both beaten very fine; *Aqua Vi-*te and Rose-water, of each one pint; after one Night's infusion distil them in Sand twenty four hours very softly, in the end make a great Fire, and there will come a Balsam; wherewith if you rub the Stomach with a warm Cloth dipped therein, it will purge Phlegm, Choler, and all Worms which infect the Brain, and breed the Falling-sickness: It also expels Corruption of the Stomach, helps Digestion and Appetite, and purges away all dross in the bottom of the Stomach; it cures the Gout, being mixed and well beaten with *Aqua Vi-*te, and apply'd warm to the affected Part.

To break the Stone.

TAKE Cammock-roots, dry them in an Oven, beat them to Powder; sift it, and put as much thereof as will lie on a Groat, into half a pint of White-wine, with half a sliced Lemmon, a top or two of Rosemary, and some Sugar; Let them lie in steep all Night, in the Morning stir them well together, drink it off, and walk thereupon a good while. Use this three or four Mornings together, and it will make the Stone break, and void away in Gravel; but if the Kidneys are ulcerated, then use the following Medicine.

To help Ulceration in the Kidneys.

TAKE two drams of China-root sliced small, Golden-Rod, Maiden-hair, Paul's Betony, Mouse-ear, Agrimony, Comfrey, Scabious, Bugle, red Bramble-leaves, Pellitory of the Wall, Marshmallows, and Plantain, of each half a handful; take also one spoonful of French Barley, a Stick of Liquorish sliced small, one handful of Raisins of the Sun stoned; boil all these softly in a Pottle of Running-water to a quart: Then taking it off from the Fire, put to it two ounces of Conserve of red Roses; stir all together, and let it run through a fine Cloth: Keep it close stopp'd in a Glais, and drink thereof Blood-warm every Morning and Evening, twelve spoonfuls at a time, for two, three, or four Weeks, more or less, as you see occasion, and find Ease or Pain.

*A special Medicine for one that cannot swallow, altho^o
no inward Medicine can be taken for it.*

TAKE the Dung of a Dog, that is hard and white, powder it, and mingle it well with *English Honey*: Then spread it thick upon a Linnen-cloth, hold it to the Fire, and lay it all over the Throat, down to the Channel-bone; use fresh, Morning and Evening, bind it hard to, and by God's Grace it will help.

A Purge for Children, or old Men.

TAKE one spoonful of Spirit of Tartar, prepared with Sugar-candy and Rose-water; put it in a little Broth, and give it either of them: It purges gently, comforts the Heart, and expels Phlegm and Melancholy.

For a Noli me tangere.

TAKE the Herb called Turn-sole; cut it in small pieces, and put it into a Bottle; pour so much *Aqua Vita* on it as will cover it four Fingers, stop the Bottle, and set it in the Sun ten Days, and in the Night, in the Chimney-corner, but not too near the Fire: Then pour off the *Aqua Vita*, and keep it close; afterwards calcine the Dregs remaining in the Bottle, between two Calcining-Pots, well luted, (which may be done in a Day); put the calcined Ashes into the said *Aqua Vita*, and they will all dissolve. Keep this as a great Treasure, and give one spoonful thereof to the Party fasting in White-wine; at the same time wet a Cloth in the said Liquor, bind it on the Sore, and without fail it will dry it up. This also helps those that are troubled with the Gravel and Stone, given as aforesaid with White-wine; and it is very excellent

cellent for such as have the Dropſy, Palfy; or are taken with a Quartan Ague.

To make the Face Fair, and for a ſtinking Breath.

TAKE the Flowers of Roſemary, and boil them in White-wine, with which waſh your Face; if you drink thereof, it will make you have a ſweet Breath.

For Heat in the Face, Redneſs and Shining of the Noſe.

TAKE a fair Linnen-cloth, lay it on the Graſs and draw it over till it be wet with Dew: Then wring it out into a Diſh, and waſh the Face therewith as often as you pleaſe; as you wet it, let it dry in. May-dew is the beſt.

An excellent Oil to take away the Heat and Shining of the Noſe.

TAKE twelve ounces of Gourd-ſeed; crackle them, take out the Kernels, and peel off the Skins: Afterwards having blanched fix ounces of bitter Almonds, make an Oil of them, and anoint the Part grieved therewith: You muſt always take as much of the Gourd-ſeed as of the Almonds; uſe it often.

For Heat or Pimples in the Face.

TAKE Liver-wort that grows in a Well; ſtamp it and ſtrain it, put the Juice into Cream; ſo anoint your Face as long as you pleaſe, and it will help you. *Approved.* Alſo the Juice of Liver-wort drunk in warm Beer, is good for the Heat of the Liver.

To take away Hair.

TAke the Shells of fifty two Eggs, beat them small and distill them with a good Fire; then with the Water, anoint your self where you would have the Hair off: Otherwise, make use of hard dry Cats-dung bearen to Powder, and temper'd with strong Vinegar; and it will have the same Effect.

Dr. Frier's Receipt for Swenting in the Face.

TAke a little handful of Penny-royal, with as much Cinquefoil, and boil it in White-wine or Vinegar: If you make use of Vinegar, put a little to it when it is boiled; thar done, you must hold your Head over it, cast a Sheet over your Head, and keep in the Steam close, as long as you can endure it; and so ten or twelve times a Day.

An approved Medicine prescribed by Dr. Blacksmith for a Cough.

TAke the Roots of Fole-foot, dry them in an Oven, and powder them: Then heat a Tile red-hot, and strew it thereupon; set the bottom of a Tunnel on it, and let the Party receive the Fume Morning and Evening.

Another approved Remedy for the same, by Dr. Blacksmith.

TAke a pint of Hyssop-water, a quarter of a pound of Sugar-candy, a spoonful of Aniseeds bruised, and a small stick of Liquorish, sliced and bruised; put them together, and let them infuse all Night: Then boil the Liquor a quarter of an hour upon a Fire, strain it, and drink two or three spoonfuls warm; you may take it at any time;

time; best at Night when you go to Bed, or in the Morning.

For the Kidneys swoln with Cold, or other Accidents.

TAKE the Oils of Roses and Quinces, of each two drams; warm them in a Saucer or Porringer, and anoint the Part therewith against the Fire, lest you take Cold in the doing of it.

A Vomit for an Ague.

TAKE blew Lilly-roots sliced small and bruised; and steep the same in as much Vinegar as will cover them: When the Patient feels his Fit coming, let him drink a Draught of it in Ale, and keep himself very warm while it is working.

A Restorative Bag for a cold or windy Stomach.

TAKE Rose-leaves, Rosemary-tops, and flowers, red Mint, and Borage-flowers, of each one handful; warm these in a Platter on a Chafing-dish of Coals, and ever as you stir them, sprinkle them with Sack and Rose-water: When this Mixture is as hot as can be, put it into a Cloth or Silk-Bag, and lay it to the bottom of the Stomach as hot as can be endured; keep your self from studying or musing, and it will comfort very much.

A Drink for cold Rheums or Pblegm.

TAKE the Roots of Fennel, Comfrey, Parsley, and Liver-wort; Hart's-tongue, Mouse-ear, Hore-hound, Sandarack, Maiden-hair, Cinquefoil, Hyssop, Bugloss and Violet-leaves, of each one handful, washed and dryed very clean; Raisins of the Sun, eight ounces; Anis-seeds, four drams; Liquorish, two drams; Elicampane-root,

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two drams ; and half a pint of Barley, washed and bruised : Let all these boil in a Pottle of fair Water, till half the Liquor is consumed ; that done, strain it ; put thereto one quart of White or *Rhenish*-wine, and one ounce of Sugar-candy, and boil it again till half be wasted : Take it off from the Fire, and when 'tis cold, put it into a clean Glass, and drink thereof every Morning and Evening a Draught, first and last. *Approved.*

For Rheum in the Throat.

Make a Cap of brown Paper, perfume it with Frankincense, and apply it hot to your Head : Then let hard Eggs be laid hot to the Nape of your Neck ; anoint you Throat, with the Oils of Rice and sweet Almonds ; and lay your self to sweat : After sweating, mix Honey of Roses, Syrup of Mulberries, and Plaintain-water together ; and gargle your Throat therewith. For want of the said Syrup, use Woodbine-water.

A Remedy for the Stone.

Take a quart of Milk, with Ale and White-wine, of each four ounces ; make them into a clear Posset-drink, the Curd taken off ; to which put Parsley-roots, Mallow-leaves, and Pellitory of the Wall, of each one handful ; Water-creeses one handful and a half, all shred small ; two sprigs of Thyme ; and Liquorish, one ounce, bruised : Boil all these Ingredients together, to the Consumption of a quart ; and take a Draught thereof in the Morning, or at any time before Mear, sweetened with Sugar to your Taste.

A Broth

A Broth for the Cough of the Lungs; prescribed by Dr. Braisdale, Dr. Atkinson, and Dr. Frier, for the Lord Treasurer.

TAKE one Paper of prepared *China-Roots*, and steep it in six Pints of fair Water three hours; then boil it to three pints in an Earthen Pipkin: In the mean time, let a Chicken and one ounce of *French Barley* have six or seven walms together in another Pipkin; that done, scum it; pour off the Water, and put the Barley and the Chick to the China, with a little green Endive; twenty Raisins of the Sun, stoned; a small crust of Bread, and a little Mace: Boil these together to a pint and half; strain your Broth; and let the Party drink every Day two Draughts thereof; one in the Morning fasting, and another at four a Clock in the Afternoon; use it as often as you see cause.

For a Burn or Scald.

TAKE Ale-hoof one handful, the Yolk of an Egg, and some fair Water; stamp them, strain the Liquor, and wash the grieved Part with it, till the Fire be out.

Or boil some Ale-hoof and Sheeps-suet together, with Sheeps-dung and Plantain-leaves, till they come to a Salve, and apply it.

To sharpen a sick Man's Appetite, and to restore his Taste.

LET a handful of Wood or Garden-Sorrel be boiled in a pint of White-wine-Vinegar, till it be very render; then strain it out, put two ounces of Sugar thereto, and boil it to a Syrup; the Patient may take of it at any time.

A comfortable Zulep for a Feaver.

TAKE Barley-water and White-wine, of each one pint; Whey, one quart; put to it two ounces of Conserve of Barberries, and the Juices of two Lemmons and two Oranges: This will cool and open the Body, and comfort it. If the Feaver be extreme hot, take two white salt Herrings; slit them down the Back, and bind them to the Soles of the Feet for 12 hours. For want of Herrings, take two Pigeons cut open, and so apply them.

A Receipt of the Right Honourable the Lord Sheffield, for the Cough of the Lungs.

TAKE of the distilled Water of sweet Horehound, one pint, and add thereto, to make a Syrup, three quarters of a pound of white Sugar-candy, beaten fine; mix these well together, and set them upon a quick Charcoal-fire: Then put into it some of the best *English-Liquorish*, clean scraped and sliced, and let it boil in the said Syrup: When it seems half done, put three grains of Amber-grease, reasonably well bruised, into the Syrup, and let it boil together; but let any Scum that arises upon it, be taken away before: You must take care that it boil not with much heat, by often cooling some of it with a Spoon; otherwise it will be all Candy, and not Syrup; while it is hot, it must be strained through a fine Cloth that is clean, before it is put into a Glass.

For a Cough in stuffing of the Stomach.

TAKE Hyssop-water one pint; Muscadine one quart; four Races of Ginger; as much *Liquorish* sliced; and two penny-worth of Sugar-candy

candy powder'd : Put all into a Glass, stop it close, and shake them well together ; let them intermix twenty four hours, and drink thereof Morning and Evening.

A Plaister for the Colick.

TAKE Camomile, Rue, Sage, and Wormwood, of each one handful ; wheaten Bran a handful ; cut the Herbs small, and boil all in good Vinegar till the Vinegar be consumed : Then put it into a Linnen-bag, and lay it to the pained Place as hot as can be endured ; when it is cold, warm it again, and use it daily till you are well.

For the rising of the Mother.

TAKE Columbine-seed and Parsnep-seed, of each three spoonfuls ; beat them to a fine Powder, and boil them in a quart of Ale to a pint, with one handful of Sage cut small ; strain the Liquor, and drink it off warm every Morning and Evening, especially when you feel Pain. Take also two Ounces of Galbanum, spread it upon a Cloth, and lay it on the Navel.

A Drink for the Dropsy.

TAKE Polipody of the Oak six ounces ; Guaiacum one ounce ; the Bark of Guaiacum, three ounces ; Sassafras, four ounces ; Sena, six ounces ; Anis-seeds, three ounces ; Epithymum, Stechados, of each half an ounce ; Raisins of the Sun stoned, eight ounces ; Hermodactyls, three ounces ; Agarrick, Rhubarb, China-root, of each half an ounce ; Liquorish, four ounces : Set all these to steep a whole Night in two Gallons of Ale, and six quarts of strong Wine ; in the Morning, boil them two hours

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hours and half, the pot being close stop'd; strain your Liquor when cold, and give the Patient thereof three times a day, half a pint at a time, viz. at six a Clock in the Morning, at nine after that, and at three in the Afternoon. Boil what is left in the Strainer in strong Ale as before, and drink this Liquor at Meals, as often as you please. You must keep a drying Diet of Roast-meat every Day, and sup betimes; drink no other Liquor whatever but these two.

For a Tympany or Water in one's Body, and for foulness of the Stomach.

TAke of the distilled Water of red Fennel, in the Morning fasting a spoonful or two; and in the Evening, or any time of the Day, when you feel your self not well.

For a Stitch in the Side. Approved.

TAke a pretty quantity of Oats, and boil them in Sack, till they have dried it up; then put them in a Cloth, and lay it as hot as you can endure it to your Side.

A Receipt of Herbs that are to be boiled in Broth, according to Dr. Atkins's Advice.

TAke Tamarisk, Lettice, Borage, Bugloss, Rosemary-tops, sweet Marjoram, Thyme, Succory, Parsly, and Fennel, of each a pretty quantity: But when your Body is costive, leave out some Herbs, and put in only Tamarisk, Borage, Bugloss, Lettice, Succory, Parsley, Fennel, and Berony.

A Physick

A Physick-Broth. By Mr. Francis Cox.

TAKE the Roots of *Asparagus* and *Eringoes*, of each three or four, cut off the length of a Finger, and sliced; Maiden-hair, Tamarisk, Hart-tongue, of each the same quantity, and Betony twice as much as any of the rest; bind these and the Roots together; take also of large whole Mace two or three Blades, and a quarter of a Nutmeg quartered: Then let a young Cosek be dressed, sliced, and boiled all to pieces; but let not the Herbs continue too long in the Broth: When they have given it a good Tincture, take them out; beat the Chick's Flesh with Dates in a Stone-Mortar, and strain it till you have all the Taste thereof in the Liquor; That done, clarify the Broth with the whites of Eggs, as you do a Jelly, and keep it for use; this Broth will strengthen the Back, and is good for the Spleen.

A Preservative against the Plague.

TAKE one handful of Roses; Betony, and small Felon two handfuls; Scabious, Dragon-wort, Sage, Sorrel, Rue, Bramble-leaves, and Elder-leaves, of each one handful; *Bole-Armoniack* as big as an Apple; Saffron the weight of eight pence; yellow Saunders one ounce; and Sugar-candy two ounces; all beaten to Powder: After having distilled these together, mix Treacle or Mithridate, to the quantity of a Bean, with the Water, and drink of it when you faint.

Oxymel

Oxymel Compositum.

TAKE of pure Honey a Pottle, White-wine Vinegar a pint and a half, five Parsley, five Fennel, five Smallage-Roots, the pith taken out, the Roots of Kneeholm two ounces, Asparagus one ounce, and Smallage-seed four ounces; shred the Roots, bruise the Seeds, and steep them in three quarts of Conduit-water for twenty four hours: Afterwards boil all to one quart, strain the Liquor, add the Honey clarified, and boil it therein; then put to the Vinegar, and let it boil gently to the thickness of a Syrup. One spoonful of this Syrup taken every Morning fasting, cuts all gross Humours, purges the Liver, Spleen, and Reins, and opens all Obstructions; it also moves Urine, and provokes Sweat.

A Purging Diet-drink, the Proportion for four Gallons.

TAKE Sarsaparilla four ounces; Sena six ounces; Polipody of the Oak six ounces; Rhubarb twelve drams; Sassafras-roots two ounces; Agarick one ounce; Sea-scurvy-grass a peck; Fennel, Caraway and Anis-seeds, of each half an ounce; Cloves and Ginger, of each one ounce; wild Radish and white Flower-de-luce-roots, of each two ounces; Water-cresses and Brook-lime, of each eight handfuls. Slice such of these as are to be sliced; beat those that are to be beaten in a Mortar, and put them into a Canvas-bag; let it stand eight days in a Rundlet of four gallons of ten-Shilling Beer, a little lower then the middle of the Barrel, and so turn it. Take it in the Spring and Fall, three or four days together, in manner following; viz, every Morning at six of the Clock fasting,

fasting, take half a pint cold, use some Exercise after it till you are warm, and fast till nine a Clock; then take such another Draught, and fast one hour after it; then take some thin warm Broth, and keep a good Diet at Meals, eating no Sallets or phlegmatick Meats; after Dinner, at three of the Clock, take thereof another half pint; thus do for three or four days in the same manner. This Drink will purge greatly, clear the Blood and inward Parts, and prevent Diseases. If you please, you may put to the above-said Ingredients two handfuls of Maiden-hair.

*The Countess of Worcester's Medicine for the
Green-sickness. Approved.*

TAKE a pint of Malmsey, with two handfuls of Currans clean-washed, and put them together; also take a little Wormwood, and a crop or two of red Mint, either green or dried, and lay it in the Malmsey over Night. In the Morning, eat a spoonful or two of the Currans fasting, and walk after it, eating nothing in an hour; use this Remedy twelve days together. If there be occasion, let some Wormwood be warmed, and put in a Cloth; lay it to the Stomach when you go to Bed, and so fresh every Night.

*A Diet-Drink for a Fistula, or for a Body full of
gross Humours.*

TAKE Sarsaparilla, Sassafras, the Wood and bark of Oak-roots, of each four ounces cut small; Agrimony, Colts-foot, Scabious, of each four handfuls; Marshmallow-roots half a handful; Betony, Ladies-mantle, Sanicle, Colum-
bine.

vine-roots, of each one handful; Shred the Herbs and Roots small, and boil them all in two or three gallons of Spring-water; then strain them through a Cullender, and put thereto one gallon of clear Water; boil it to a gallon and an half, and strain it again till all the Moisture be out: That done, add a pottle of good White-wine, with a pint and a half of Honey, and boil it softly; scum very clean, take it off the Fire, and put in six grams of Rhubarb sliced small, with two ounces of *ma*: Keep it in a Stone-vessel close covered, and drink thereof at five a Clock in the Morning, and four in the Afternoon, till half of it be wasted; afterwards let the Patient drink every Morning Draught of it, and dress the Fistula with the *een* Salve, and this will cure it.

When this Drink is made as abovesaid, let it stand three days only shaking it together twice or thrice a day; it is fit to be drunk at three days: In the time of taking it, all Fish, white meats, Fruits, Wine, Anger and Passion, must be avoided.

A Drink for the Scurvey.

Take Agrimony, Succory, Goats-rue, Harts-tongue, Liver-wort, of each two handfuls; Cow Dock-roots, Couch-Grass-Roots, of each a handful; Water-creffes, Brook-lime, and Garden-ruey-grass, of each three handfuls; of sweet mel-seeds one ounce; the Shavings of Harts-horn and Ivory, of each an ounce: Let all these be put into a Bag or Boultter, and steep in three pottles of new Ale; after three days the Patient may drink of it for his ordinary Drink.

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Ale

*Ale of Health and Strength, by Viscount
St. Albans.*

TAke of *Sassafras*-wood half an ounce ; *Sassa-*
parilla three ounces, white Sanders *Chamaepi-*
tyon, of each one ounce ; *China-root* half an ounce ;
Mace a quarter of an ounce ; cut the Wood into
small pieces, as thin as is possible, and bruise them in
a Mortar : Then add thereto the following Herbs,
viz. *Roman Wormwood*, *Cowslip-flowers*, of each
a handful ; *Sage*, *Rosemary*, *Betony*, *Mugwort*,
Balm and *Sweet-Marjoram*, of each half a hand-
ful, and one handful of *Hops*. Let all these boil
in six gallons of Ale, till it is reduced to four ;
that done, put your Wood and Herbs into six gal-
lons of Ale of the second Worr, and boil it like-
wise to four. Afterwards, having caused all your
Ale to run from the Dregs, mingle it together, and
run it up for Use.

A Bag for Purging-Ale.

TAke of *Agrimony*, *Speed-well*, *Liver-wort*,
Scurvy-grass, *Water-creffes*, of each a hand-
ful ; *Monks-rhubarb* and red *Madder*, of each
half a pound ; *Horse-radish* three ounces, *Liqui-*
rish two ounces, *Saxifrage* four ounces, *Sena-*
ven ounces ; two drams of sweet *Fennel-seed*
and four *Nutmegs* : Having picked and washed
your Herbs and Roots, stamp them in a Mortar,
then put them into a Bag made of a Boulter, and
hang it in a Vessel that holds three gallons of ma-
ding Ale. Let all work together, and after three
days it will be fit to drink.

Sir Walter Raleigh's Cordial Water.

TAke a gallon of Strawberries, and put them into a pint of *Aqua Vita*: Let them infuse four or five days; then strain them gently out, and sweeten the Water to your Taste with fine Sugar.

The Lady Gifford's Cordial Water.

TAke a gallon of *Aqua Vita*, Borage-water and Poppey-water, of each a pint; Sugar-candy two pounds; Figgs sliced one pound; Raisins of the Sun ston'd one pound; two handfuls of red Roses clipt and dry'd; one handful of Mint, half a handful of Rosemary, as much of Hyssop, and a few Cloves. Put all these Ingredients into a double Glass, close stop't; set it in the Sun three Months, and then keep it for Use.

Edward Boustward's precious Ointment for Aches in the Bones, or Sinews that come of cold Causes.

TAke Wormwood, red Sage, the green and tender Leaves and Buds of Bays and Rue, of each one pound; chop them and beat them in a Mortar very small; put to them Mutton-suet well scalded from the Skins, one pound and a half, and mix all well together: That done, add a pint and half of good Oil-Olive, or Neats-foot Oil; mix them well together in an earthen Pot, and set it in a warm Oven five hours; then take it out, strain your Ointment, and keep it for use: Rub the grieved Part therewith well by the Fire, and cover it with black Wooll unwashed.

Dr. Atkins's excellent Medicine for the Jaundice.

TAKE of Rhubarb finely sliced, the weight of a Shilling; red Dock-roots sliced, the weight of three Shillings; one Nutmeg bruised grossly, and put them in a Bottle of new Beer; the Bottle holding three quarts or a Pottle: Let it be close stopr for three days, or two at least, and then give the Patient to drink thereof every Morning a Draught next his Heart, and about five a Clock in the Afternoon; let him drink this till his Stool comes yellow; and if his Body be loose with it, give him but only in the Morning. If he be not willing to take this, give him two spoonfulls of the Syrup of Succory, with Rhubarb one Morning, and every day after, the weight of six pence of the Powder specify'd in the next Article, in Drink or Broth next his Heart for a VWeek together.

Dr. Atkins's Powder.

TAKE Earth-worms, slit them, and wash them with White-wine: Then dry them in an Oven, powder them, and put to every Shilling weight of their Powder, a Groat-weight of Ivory with as much Harts-horn scraped; let all be mingled together.

An approved Medicine for the Fellow Jaundice.

TAKE of the inner Peels of Barberries, (the outside being scraped off) a quarter of a handfull, a little Turmerick grated very small; four or five Blades of *English* Saffron, dried and beat very small; put all together, and boil them in a pint of Milk or Possie-drink till it be very bitter.

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Then strain it, and drink every Morning fasting, and at Night when you go to Bed, nine days together. Or else you may steep the Ingredients in strong Ale or Beer twenty four hours, and then drink a quantiry thereof, as you should the other; if it be bitter, you may put a little Sugar to sweeten it.

To make Oil of Exeter.

TAke of Sage two handfuls, one of Thyme, one of the wild Vine, two of Hyssop, one of St. John's-wort, two of Bay-leaves, one of Goose-grass, two of Rosemary, one of Letter-wood, two of Penny-royal, two of Camomile, two of Lavender, two of white Lillies, two of Dragon-leaves, two of Rue, two of Wormwood, two of Mint, one of sweet Marjoram, one of Pellitory of Spain, one of Feaver-few, one of *Anjelica*, and one of Betony; let all these Herbs be well stamp't, and boiled in two quarts of Running-water, till the Water be consumed: Then put in two quarts of Cowslip-flowers, that have been steeped in Oil of Olives four Weeks, and also kept in the Sun all that time; add two quarts of White-wine, and two quarts of Olive-Oil: Boil these together one or two hours, till you think them almost dry: That done, strain the Oil from the Herbs and put it into a Glass; for the very bottom is not so good.

A Medicine for the Worms.

TAke a little fresh Butter and Honey, melt it, and anoint therewith the Child, from the Stomach to the Navel: Then strew Powder of Myrrh upon the Part so anointed, cover it with a brown

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Paper,

Paper, and bind a Cloth over it ; after this manner, anoint the Child three Nights successively. This Myrrh is also good to swallow in a Morning for Shortness of Breath, and to chew it in the Mouth for Rheums.

To make Oil of Eggs.

SLip twelve Yolks of Eggs into a Pot over the Fire, and let them stand till you perceive them to grow black ; then put them in a Press, and press out the Oil. This Oil is good for all manner of Burns and Scaldings whatever.

To make Oil of Mustard-seed.

TAke two pounds of Mustard-seed, and four pounds of Oil-olive, grind them together, and let them stand so nine Days ; then let all be well stirr'd, and kept in Boxes. This Oil is good for the Palsy, Gout, Itch, &c.

To make Oil of Fennel.

PUt a good quantity of Fennel between two Iron-Plates, and make them very hot in the Fire ; then press out the Liquor. This Oil will keep a great while ; it is good for the Phthisick, and for Burning or Scalding.

To make Oil of Rue.

CUt Rue-leaves, put them into a Pot with some Oil of Olives, and let them stand twelve days ; then boil them till they are wasted to the third Parr, strain the Liquor and keep it close. This Oil is good to keep away all Causes of Pestilence in Man, Woman, or Child.

To make Oil of Camomile.

STamp a good quantity of Camomile-flowers in a Mortar, put them into a Pot with some Olive-Oil, and let them stand twelve days. Then boil them a little on the Fire, take all off, and press them out hard: Put the juyce into Glasses, adding thereto more Camomile-flowers stamped small, and let it stand for Use.

A Sovereign Medicine for a Fistula.

TAKE pure Rosin one pound; Sheeps-suet the quantity of a great Egg, or somewhat more in Winter, and set them over a Fire in a Pot, till they are ready to boil: That done, turn out your Compound into a Pan of cold Water, work it with your Hands rubbed with Butter till it become so small as Pack-thread; scrape it on a Cloth, and spread it thin; then cut it out small and narrow, and when you use it, roll it up small like Tents.

The Powder.

TAKE an Ox-horn, and steep it nine Days in Water; shift it every Day into fresh Water: Then taking it out, fill it full of black Soap, set it over the Fire in a Frying-Pan, and the Horn will melt away and burn to Powder; dip the end of your Tents in this Powder.

The Water.

TAKE Allum and white Copperas, of each half a pound; beat them into fine Powder, and mix them well together; put them into an earthen Pot, and let them boil over a gentle Fire till they

they are hard, and will boil no longer; that done, beat them to Powder. Two Spoonfuls of this Powder will make a gallon of Water, but the Water must first boil; then taking it off, sprinkle a little of the Powder, lest it flame up, and afterwards the rest by Degrees: Wet a fair Cloth therein, and dress the Sore twice a Day. If green Copperas be used, two pounds must be put to one pound of Allum. When the Sore is dressed, it must be tented as aforesaid, if need require; and lay on a Cloth still wet in the Water.

A special Medicine for a Looseness.

BURN three Nutmegs to Askes in the Flame of a Wax-candle, and when they are thoroughly burnt, rub them to Powder, which is to be mingled with the like quantity of Bean-flower and Cinnamon finely beaten and sifted: Then make it up into a Paste with the white of an Egg, and a little red Wine, and make the Paste into small round Pills fit for swallowing. When you take them, drink a little red Wine after it.

For a Felon, or sore Finger.

SHRED one handful of Smallage very small, and put to it one Spoonful of Honey, and the yolk of an Egg, with a little Wheat-flower to make it thick; then spread it on a Cloth, and lay it to the Sore twice a Day.

Dr. Lower's Milk-water.

TAKE Ground-Ivy, Water-creffes, Brook-lime, Sow-thistle, of each three handfuls; of dried Mint two handfuls; the Rind of two Lemmons;

mons; whites of Eggs beaten, one pint, and six Nutmegs. The Herbs and Lemmon-peel being chopt small, and the Nutmegs beaten, are to be distilled with the Eggs, in six quarts of Milk, and five Pints of Sack.

Dr. Twin's Almond-Milk.

Take a Pot of Water when it is boiled, and stood to be clear; put therein Violet-leaves, Strawberries the whole Herb with the Root, of each a pretty handful, a good Root of Sorrel, all well washed; a Crust of White-bread, and Raisins of the Sun stoned, two ounces: Boil all these from a Pottle to a Quart, and with fifty Almonds blanch'd, and thirty Pompion-Kernels, all well beaten, draw an Almond-Milk, sweeten'd with good Sugar to your liking: Drink a good Draught thereof Morning and Evening, towards the quantity of a Pint.

Dr. Blacksmith's Almond-Milk.

Take the Roots of *Ruscus Gramen*, Asparagus, and Succory, of each three drams; Barley prepar'd half a handful; the leaves of Mallows, Violets, five-leav'd Grass, Strawberries, Borage, Bugloss, Maiden-hair, of each half an handful; sliced Liquorish two drams. Boil all these in three pints of fair Running-water, to a quart or less; then taking the Weight of a Crown of the Kernels of the three cold Seeds, beat them with a few Almonds, white Rose-water and Sugar, and make the Almond-Milk.

Dr.

Dr. Atkins's excellent Receipt of Almond-Milk, to cool and cleanse the Kidneys.

TAKE a pint and a quarter of Barley-water; in that boil Marsh-mallows, Eringo, Gramen, and Asperagus-roots, of each a Crown's Weight; Straw-berries and five-leav'd Grass, both Leaves and Roots, of each a few; let them boil till the Barley-water be but a pint: Then having poured off the Water, take a Crown's weight a-piece of the four cold Seeds, and peel off the Husks; afterwards beat the Seeds with Almonds, strain them out together with the Barley-water, and put to it a little Rose-water and Sugar.

A Receipt for the Stone.

TAKE a gallon of new Milk, wild Thyme, Sassafras, Pellitory of the Wall, *Filipendula*-roots, *Saxifrage*, of each one handful; Parsley-leaves two handfuls; three or four Radish-roots, as many Parsley-roots, and of Anis-seeds one ounce: Cut and slit the Roots, bruise the Herbs and Seeds, and put them to infuse in the Milk a whole Night; the next Morning, distil it in a Rose-Distillatory. Take ten or twelve spoonfuls of the Water, and as much White or *Rhenish* wine, a little Sugar, and a sliced Nutmeg.

For the Green-Sickness.

TAKE Aloes and Rhubarb, of each four ounces, finely beaten and sifted, prepared Steel, four drams; mix these together with Claret-wine, and make them into 27 Pills: Take every Morning three of them, using Exercise till all be gone; and drink after them at each time, a glass of Claret-wine.

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For any sore Breast or Paps.

TAKE a pottle of running Water ; of Sage two good handfuls, small chopt, and a quantity of Oatmeal-groats beaten small ; boil all these to the thicknes of white-bread Dough, but let it not burn too : Then add thereto three spoonfuls of Honey, with a little Saffron ; stir it well together, and boil it to a quart somewhat stiff. This Poulteress will cure any sore Breast or Pap, if it be not a Canker or Fistula.

A Syrup lasting many Years, good for Swooning and Faintness of Heart : It also comforts weak Brains and Sinews ; and may be used as much as half a Nut at once.

TAKE Borage, Bugloss, white Endive, one little handful ; Rosemary-flowers, Thyme, Hyssop, Winter-savory, of each one little handful ; break these between your hands, and boil them in three quarts of Water to three pints : That done, strain the Liquor ; and put to it a pint of good Malmsey, one ounce of whole Cloves, powder of Cinnamon half an ounce, powder of Ginger a quarter of an ounce, one Nutmeg in powder, Sugar, half a pound or more : Let all boil over a gentle Fire, well stirred, to prevent burning too, till they come to the Consistence of Honey ; then take up your Syrup, let it cool, and put it in Pots or Glassees at pleasure. Prescribed by Dr. Twin.

Dr. Stephens's excellent Water, with which he cur'd many Diseases hereafter mentioned.

TAKE one gallon of Gascoign-Wine, Ginger, Galingale, Camomile-flowers, Nutmegs, Grains of Paradise, Cloves, Anis-seeds, Caraway-seeds.

feeds, of each one dram ; also Sage, Mint, red
 Roses, Thyme, Pellitory, Rosemary, Penny-royal,
Montanum, Camomile, Babin, Hart's-tongue,
 Lavender, Avens, of each a handful ; beat the
 Spice small, and let them stand so twelve hours ;
 stirring them about several times : Then distill all
 in a Limbeck, and keep the first Water by it self ;
 afterwards there will come a second Water, which
 is good, but not so good as the first, as being weaker.
 The peculiar Virtue of this Water, is to comfort
 the vital Spirits greatly, and preserve Youth :
 It also helps inward Diseases that come of Cold,
 abates the shaking of the Palsy, and cures Con-
 tractions of Sinews ; it strengthens the Marrow
 in the Bones, and promotes the Conception of
 Women who are barren : It kills Worms in the
 Body, and cures the cold Gout and Tooth-ach ;
 lastly, it helps the Stone in the Bladder, as also the
 pain in the Reins of the Back, and will make one
 seem Young a long time : One spoonful of this
Aqua vite will do more good to a Man that is sick,
 than four spoonfuls of any other ; 'twill be better,
 if it stand in the Sun all Summer long.

For the Falling-sickness.

TAKE half a peck of Peony-roots ; cleanse, rub,
 wash, and stamp them ; that done, let them
 be beaten very small, and put into a pottle of
 Sherry-Sack : Stir all well together, and let them
 stand close cover'd twenty four hours ; then pour
 off the clearest into Bottles, and take thereof a
 little Draught every change of the Moon, for three
 Mornings, one Morning after another.

A. Paulus

A Poultice to break a Boil or Impostume.

TAKE Sorrel one handful, twelve Figs quarter'd, half a pint of Sorrel-juice; let them boil and break together till they are very tender, and add thereto some Wheat-flower: When your Poultice is well boiled, put to it a good piece of Butter, and lay it warm to the Place twice a Day, till it be drawn enough.

A Remedy for Worms in Children.

TAKE one spoonful of juice of Lemmons, powder'd Saffron half a scruple, and a little Sugar; give this quantity to the Patient three Mornings together.

A Receipt for Worms, by Dr. Wetherborn.

TAKE Rhubarb one dram; Wormwood half a dram; Coralline one scruple; Currans one good handful; beat them all to a Conserve, and mix them with Syrup of Violets, to an Electuary; give a Child the quantity of a Walnut thereof, every other Morning fasting.

An Ointment to heal any Bruise or Wound.

TAKE Sage, Self-heal, Smallage, Southernwood, Plantain, Thyme, Rib-wort, Rue, Parsly, Marigold-leaves, Mercury, Wormwood, Betony, Scabious, Valerian, Comfrey, Lions-tongue, Buck-thorn, of each one handful; wash them clean, and put them into a Sieve to drain all Night: When they are dry, chop them very small, and put to them two pounds of unwash'd Butter, well beaten; then boil all till half be consumed, and strain your Ointment into the Pot
you

you mean to keep it in : It is also good for swoln Breasts. *May* is the best time to make it.

For a Bruise in a Woman's Breast that is hard-swoln.

LEt Wood-lice be dried between Papers before the Fire ; and made up into fine Powder ; whereof, take as much as will lie on a Three-pence in a spoonful of Grout-Ale ; do thus first and last for three Weeks together, and afterwards, you may take it twice a Week, till you find the Breast well. But you must be sure to keep a white Cotton fry'd in Goose-grease to it constantly, tho' you leave taking the Powder, until you find the Breast cured. This has cured such Breasts as should have been cut off.

A Medicine for a Child that cannot hold his or her Water.

TAke the Navel-string of a Child, which is ready to fall off, dry it and beat it to Powder ; then give it to the Patient Child, Male or Female, in two spoonfuls of small Beer, to drink fasting in the Morning.

An Electuary for the Liver.

TAke Succory-roots, wash and rub them very dry in a Cloth ; then slit them, take out their Pith, and cut them in small pieces ; of these Roots thus ordered, beat eight ounces small in a Mortar, and put to them two ounces of Currans well washed, and rubbed dry in a Cloth : Then add thereto one ounce of the best grated Rhubarb, with half a pound of double-refined Sugar, beaten to Powder, and pound all together in a Mortar, to the Consistence of a well-formed Elect.

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Electuary, to be kept in a Gally-pot, close cover'd for your use. Take thereof the quantity of a Walnut in the Morning fasting, and as much at four a Clock in the Afternoon.

A purging Ale for the Liver.

TAKE Scurvy-grass six handfuls, Brook-lime, Water-creffes, of each three handfuls; Agrimony, Speed-wel, Liver-wort, of each two handfuls; Fennel and Parsly-roots, of each three ounces; Horse-radish, two ounces; Monks-Rhubarb, one pound; all well picked, washed and bruised: To these add *Sena*, five ounces; Poly-pody of the Oak, four ounces; Nutmegs bruised, two ounces; Fennel-seeds bruised, one ounce; Liquorish slit and bruised, two ounces; *Sassafras* cut small, three ounces: Put all these into a Bag or Boulter, and hang it in five or six Gallons of second Ale; after five days infusion, drink thereof half a pint every Morning fasting, and walk upon it.

An Excellent Purging-Pill, prescribed by Dr. Lower.

TAKE of *Rustus's-Pill*, two drams; of *Tarter's-Pill* and *Quentain's*, one dram; of Rhubarb, half a dram; of *Hierapicra*, one scruple; of Salt of *Tartar*, half a scruple; and of Chymical Oil of Marjoram, three drops: Let all be made up into a Mass; out of which 12 Pills are to be allowed to each Dram. Take three or four of them at Night when you go to bed, once in a Week.

A Medicine for the Stone.

TAKE the Pulp of *Cassia-Fistula*, newly drawn, one ounce and a half; Rhubarb in Powder, one dram and a half; *Venice-Turpentine*, seven drams;

drams ; Liquorish, half a dram ; Species of *Diatragacanthum Frigidum*, one scruple ; and mix all well together with a sufficient quantity of Marsh-mallows. Take thereof in the Morning fasting, the quantity of a Walnut, and drink after it a good Draught of Posset-drink ; use it three Mornings at every New-Moon.

For the Whites and Heats in the Back.

Take three or four Nutmegs, and put them into the middle of a brown Loaf ; set it in an Oven, and when it is baked, take out the Nutmegs : Every Morning, for nine Days one after another, beat the White of a new-laid Egg to Water ; then put to it Plantain and red Rose-water, of each four spoonfuls, and grate into it some of the said Nutmegs ; sweeten it with a little Sugar, and drink it off.

Syrup of Ale for the same Disease.

Take a gallon of new Ale-wort, of the first Running, hang it over a clear Fire in an Iron-pot, and scum it till no more will rise : When it is boiled to a pint, take it off, and put it into an earthen Pot with a cover ; take a little thereof on a Pen-knife's point every Morning and Evening.

An excellent artificial Balsam.

Take Conduit-water and Oil-Olive, of each one quart ; Turpentine, four ounces ; liquid *Storax*, six ounces ; put them into a Balon, and let them stand together all Night : The next Day, melt half a pound of Bees-wax on the Fire ; and put to it Rosemary, Bayes, and sweet Marjoram, of each one handful, shred small ; also Dragons-blood

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blood and Mummey, of each one ounce, made small, and let them boil in the Wax a while: Afterwards, put into the Bason, Oil of St. John's-wort, and Rose-water, of each two ounces, and boil them together; then add some natural Balsam, with red Saunders pulveriz'd, and let them boil a while: That done, strain your Balsam into a Bason, and when it is cold, make a hole in it with a Knife, to let out the Water; so dissolve it on the fire, and put it up for your Use.

The Virtues and Operation of this Balsam, are,

1. It is good to cure any kind of Wound; if inward, squirt it in, or apply it with a Tent; if outward, anoint the Part affected.

2. It heals any Burn or Scalding, Bruise or Cut; being therewith anointed, and a Linnen-Cloth or Lint dipped therein, laid warm to the Part.

3. It takes away any Pain or Grief that comes of cold and moisture in the Bones or Sinews; anointing the grieved Place with this Oil, heated, and a warm Cloth laid on it.

4. It cures the Head-ach, only anointing the Temples and Nostrils therewith.

5. It is good for the Wind-Colick, or Stitch in the Side; applied thereto warm with hot Cloths, four Mornings together, every Morning a quarter of an ounce.

Many other Cures are performed by the Use of this Balsam.

To

To make green Ointment.

TAKE Rue and Sage, of each one pound; Bay-leaves and Wormwood, of each half a pound; Melilot, the Herb and Flowers; Camomile, Spike, Rosemary, red Rose-leaves, St. John's Wort and Dill, of each one handful; chop them very small, stamp them, and put thereto the like weight of Sheeps-suet likewise chopt very small; stamp all in a Stone-Mortar to one Substance, till they are green, and no Suer appear. Then put this Mixture into a large earthen Pan, pour on it five pints of pure sweet Oil-Olive, and work them together with your Hands to one Substance; that done, cover the Pan with Paste close, that no Air enter, and let it stand seven Days; Afterwards open it, put it into a fresh Pan, and set it on a gentle Fire, always stirring it till the Herbs begin to grow parched; then strain it into a fresh Pan, to which put the Oils of Roses, Camomile, white Lillies, Spike and Violets, of each one ounce; stir them well together, and keep your Ointment in a Glass close stopp'd for Use.

An Electuary for the Passion of the Heart.

TAKE Damask-Roses half blown, cut off their whites, stamp them well, and strain out the Juice very strong; moisten it in the stamping with a little Damask-Rose-water; then put thereto fine powder'd Sugar, and boil it gently to a thin Syrup; that done, take the Powders of Amber, Pearl, and Rubies, of each half a dram, Amber-grease one scruple, and mingle them with the said Syrup, till it be somewhat thick; take a little thereof on a Knife's Point, Morning and Evening. A

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A Drink for a burning Feaver.

TAKE Spring-water and red Rose-water, of each one pint and a half; the Juice of three Lemmons, and white Sugar-candy one ounce; mix them together, and give the Patient thereof six or eight spoonfuls at a time, often in a Day and Night, till the preternatural Heat be extinguished.

For the Colick.

TAKE equal Portions of Honey and Wine; set them over the Fire, and put thereto ground Wheat-meal, a pretty quantity of bruised Cummin-seeds, and as much Sorrel; boil all together for a while, put them into a Linnen-bag, and apply it to the Belly as a Plaister. Or else boil a pretty bunch of Thyme, with a slice of Ginger in a pint of Malmsey, till the third part be wasted, and drink thereof as hot as you can.

For the Stoppage of Urine.

LET the Shells of quick Snails be washed, dried and beaten to fine Powder; whereof take a pretty quantity in White-wine or thin Broth.

For the Stone in the Kidneys.

TAKE a Pottle of new Ale, with as much *Rhenish* Wine, and put into it two whole Lemmons sliced with the Peels and all; also one Nutmeg beaten, two handfuls of Scurvy-grass, pounded and strained, and half a Penny-worth of Grains of Paradise bruised; mix all together in a little Stand with a Cover, and after three Days drink it. 'Tis also good against the Stone-Colick.

To

To make the Hair grow thick.

TAKE three spoonfuls of Honey, and a good handful of Vine-sprigs that twist like wire; beat them well, strain their Juice into the Honey, and anoint the bald Places therewith.

For a Rheum or Cough in the Stomach.

TAKE a pint of Malmsey or Muscadine, and boil it in five ounces of Sugar-candy till it come to a Syrup: In the latter end of the boiling, put to it five spoonfuls of Hore-hound distilled VVater, and so suck it from a Liquorish-stick bruised at the end. Use this only to Bedward.

For a Sciatica.

TAKE a pound of yellow VVax, six spoonfuls of the Juice of Marjoram, and red Sage, two spoonfuls of the Juice of Onions; Anis-seeds, Cloves, Frankincence, Mace and Nutmegs, of each one Penny-worth, and as much Turpentine. Boil all these together to the Consistence of a Salve, and so apply it.

A Water for a Consumption, or for a weak Brain.

TAKE Cream or New-Milk and Claret-wine, of each three pints; Flowers of Violet, Borage and Bugloss, of each one spoonful; Knot-grass, Comfrey, and Plantain, of these half a handful; three or four Pome-waters sliced; a Stick of Liquorish, some Pompion-Strings and Seeds: To these add a Cock that has been chas'd and beaten before it was kill'd; dress it as to boil, and parboil it till there is no Blood left. Then put all

all your Ingredients into a Pot, and distil them in a Limbeck, with a Gentle Fire. Having drawn off a Pottle of Water, pour it into a Pan over a Charcoal-Fire; and boile it a little while, dissolving therein, six ounces of white Sugar-candy, and two penny-weight of Saffron: When the Water is cold, strain it into a Glass, and let the Patient drink three or four spoonfuls, three or four times a Day blood-warm. Your Cock must be cut into small Pieces, and the Bones broken; and in case the Flowers and Herbs are hard to come by, a spoonful of their distilled Waters may be used in their stead.

Another sort of Water for the same Use.

Take a Pottle of New-Milk, a pint of Muscadine, half a pint of red Rose-water, a Penny-Manchet sliced thin, two handfuls of Raisins of the Sun ston'd, sixteen Eggs beaten, and a quarter of a pound of fine Sugar; mix all these together, and distill them in a common Alembick, with a soft Fire. Let the Patient drink three or four spoonfuls of this Water at a time Blood-warm, being sweeten'd with *Manus Christi*, made of Coral and Pearl. When your Ingredients are all in the Still, strew over them four ounces of bearen Cinnamon; this Water is also good to put into Broth, &c.

For the Piles.

Roast quick Snails in their Shells, pick out their Meat with a Pin, and beat them in a Mortar with some Powder of Pepper in a Salve. Then take the dried Roots of Pile-wort, beaten
10

to Powder, strew it thin on the Plaister, and apply it as hot as you can bear it.

To procure Sleep.

CHop Camomile and Crums of brown Bread small, and boil them with White-wine Vinegar ; stir this Mixture well, spread it on a Cloth, and bind it to the Soles of the Feet, as hot as the Party can endure it. You may add to it dried red Rose-leaves, or red Rose-cakes with some red Rose-water, and let it heat till it be thick : Bind some of it to the Temples, and some to the Soles of the Feet.

A good Purge.

TAKE *Diacatholicon* and Syrup of Roses Laxative, of each one ounce ; mix them well together in a Penny-por of White-wine, and drink it warm early in the Morning. This purges Choler, Phlegm, and all manner of watery Humors.

For a Felon in a Joynt.

DR Y Bay-salt, beat it to Powder, mix it with the yolk of an Egg, and apply it to the griev'd Part in the beginning, before the Felon is broken : But if it be first broken, then take the Juice of Groundsel, the yolk of an Egg, a little Honey and Rye-flower ; mix them well together, and so apply it.

To heal a fresh Wound with speed.

TAKE the leaves of Columbine, Nettles, Plantain, Rib-wort, wild Tarras, Wormwood, red Roses, Betony, Violets, of each one handful ; wash them clean, beat them well with the
white

white of an Egg, and strain out the Juice through a Cloth: To that Juice add the quantity of two Walnuts of Honey, and half an ounce of Frankincense; stir them all together, put it into a Box, and use it Plaister-wise. Or take Rosin, Wax, fresh Butter, Barrows-grease well tried, of each a little quantity: Oil them well, and put them in a Bason of cold Water; work the Salve with your Hands into little Rolls, spread it on a Cloth, and apply it: If the Wound be deep, tent it with Lint.

For the prick of a Needle or Thorn.

TAKE bolted Wheat-flower, and temper it with red Wine; boil them together to the thickness of a Salve, and lay it on as hot as you can bear it: This will open the Hole, draw out the Filth, and ease the Pain.

To kill a Corn.

TAKE of the bigness of a Walnut of Ale-yest that is hard, and sticks to the tub-side, add thereto a little dried Salt finely powdered; work it well together, and put it into a close Box; then make a Plaister of some of it, and bind it to the Corn.

For Bruises, Swellings, or broken Bones.

TAKE Brook-lime, Chick-weed, Mallows, Smal-lage, Groundsel, of each one handful; stamp them with a little Sheeps-tallow, Swines-grease, and Copin; put thereto Wine-dregs, and a little Wheat-bran; stir them well together over the Fire till they are hot, and apply the same to the Part affected.

For

For a Burn or Scald.

TAKE Goose-dung, and the middle Bark of an Elder-tree, fry them in May-Butter; strain them, and therewith anoint the Burnt or Scalded Part.

To help Deafness.

TAKE a piece of Rye-dough, the bigness of an Egg, and of that Fashion; bake it dry in an Oven, cut off the end, and with a Knife cut out the Paste, making it hollow. Then put into it a little *Aquacomposita*; stir it, and so hot as you can endure it, apply it to the deaf Ear till it be cold; you must keep your Head very warm: If both Ears be grieved, make two of them, and use those three times.

For the Colick.

TAKE half a Sheet of white Paper, anoint it all over with Oil-Olive, strew thereon gross Pepper, and lay it to the Belly from the Navel downward.

For the Yellow Jaundice.

TAKE Pimpernel, Groundsel, Female-Broom, with the tops, of each one handful, and boil them in a quart of Ale till half be consumed; then divide it into three Draughts, and take it Morning and Evening.

For the Bloody Flux.

TAKE Bean-flower, mingle it with Malmsey, make a paste thereof, and bake it in an Oven like a Cake, but not too hard: Then lay it

on the Navel as hot as can be suffered; wet it all over with Malmsey, and keep it warm: It will help in three Days.

A Drink to drive the Plague from the Heart.

Cut off the top of a great Onion, and take out so much of the Core as the Bigness of a Walnut, which hole fill up with Treacle; afterwards having put on the top again, wrap the Onion in a piece of brown or gray Paper, roast it thoroughly, and peel it: Then trim it finely, put it in a clean Linnen-Cloth, and strain it hard into three Porringers; drink the Juice so strained out: For it has been found most excellent by frequent Tryals, not only for the Expulsion of the Plague, but even for the eradicating of all Poison & Venom.

The only Receipt against the Plague.

Take three pints of Muscadine; boil therein a handful of Sage, and a handful of Rue, till the pint be wasted; strain the Liquor, and set it on the Fire again. Then put thereto a penny-worth of long Pepper, half an ounce of Nutmegs, all beaten together; let it boil a while, and add three penny-worth of Treacle, with a quarter of the best Angelica-water you can get: Keep this Cordial your Life above all Worldly Treasure: Take of it always warm both Morning and Evening a Spoonful or two, if you be already infected, and sweat thereupon; if not a Spoonful in the Morning, and half a Spoonful at Evening in all the Plague-time.

This is not only good for the common Pestilence, called the Sickness; but for the Small Pox, Measles, Surfeits, and several other Diseases.

A good Almond-Milk for the bloody Flux.

Let Mutton be boiled in fair Water, and scummed very clear; put to it a handful of Borage-leaves, as much Prunes, some Cinnamon, whole Mace, and the upper Crust of a Manchet; boil all these well till their strength is gone into the Broth, and strain it through a Cullender: Then parch Jordan-Almonds as you do Pease, and let them have two or three Walms; that done, strain them through a Cloth, and season your Almond-Milk well with Sugar and a little Salt; let the Patient drink thereof at all times of the Day: It is very Medicinal.

For an Ach or Swelling.

Take Oatmeal, Sheeps-suet, and black Soap, of each four ounces; boil them in Water till it be thick, make a Plaister of it, and apply it hot to the aggrieved Part.

For a Child's Navel that starts out with much crying.

Take Wax as it comes from the Bee-hive, let it not be altered, but only strained from the Honey; then melt some of it in a Saucer, and mix some black Sheeps-wool into it, and bind it to the Navel.

For Womens sore Paps or Breasts.

Take Bean-flower two handfuls, Wheat Bran, and Powder of Fenugreek, of each one handful, one pound of White-wine Vinegar, three Spoonfuls of Honey, and three Yolks of Eggs: Boil all till they are very thick, and let them be laid warm to the Breast; this will break and heal it: Crush out the Matter when you change the Plaister. Otherwise take

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Roses, Bean-flower, and the Yolk of an Egg with a little Vinegar; set it on the Fire till it be luke-warm, and no more, then with a Feather anoint the sore Places.

For an Ague in Womens Breasts.

TAke the Leaves of Hemlock, fry them in fresh Butter, and apply them to the Breasts as hot as can be endured; then lay a warm white Cotton over all, and in a short time it will drive the Ague out of them.

For a Canker in the Mouth.

TAke a pint of strong Vinegar; Roach-Allum, the quantity of a Walnut, as much *English* Honey as will sweeten it; boil it in a Skiller, and put it up in a close stoppt Glass: When there is occasion, warm a little of it in a Saucer, wash the Mouth often therewith, and lay some Lint wet in the same warm Liquor upon the Places.

To make one's Breath sweet.

TAke the dried Flowers and tops of Rosemary; Sugar-candy, Cloves, Mace and Cinnamon, of each a little quantity, dried and beaten to fine Powder: Then put some of the Powder into a new-laid Egg, and sup it off fasting in a Morning; do so seven Days one after another, and it will sweeten the Breath.

For an old sore Leg.

TAke the whitest hard Sope you can get, scrape a quantity thereof into a Saucer, put to it some Deer-suet, and boil them on the Fire; then spread this Salve on a clean Linnen-Cloth, and lay

lay it to the Sore, Morning and Evening, and in a short time it will heal.

For a Stitch in the Side.

TAKE a piece of white leavened Bread, and toste it on both sides ; then spread one side thereof with the best Treacle you can get, cover it with a fine Linnen-cloth, and so lay it to the Part affected,

A most excellent Salve for a Wound.

TAKE a good quantity of the tops of Maiden or unset Hyssop, shred them small, and beat them very well in a Mortar ; then take Oil-Olive and clarified Honey, of each one spoonful ; put thereto half a handful of Wheat-flower, compound them together cold, and make all up into a fine Salve, which use to the Purpose aforesaid.

A Poultice to ripen any Boil or Impostume.

LET a Lilly-root be roasted in the Embers in a brown Paper ; then take Figs and beat them small, with Fenugreek and Linseed, of each a like quantity : When the Lilly-root is roasted, pound it very well, and boil the whole Mixture in new Milk from the Cow, till it is so thick, that a Spoon may stand upright in it ; stir it always in the boiling, put to it some Barrows-grease, and apply it to the Place aggrieved.

To encrease Womens Milk.

TAKE Fennel-seeds bruised, and boil them well in Barley-water, whereof let wet Nurses and sucking Women drink very often ; in Winter

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warm, in Summer, cold : Let them beware of drinking much strong Beer, Ale or Wine, for they are hot and great driers up of Milk ; and so are all Spices, and too much Salt or Salt-meat.

Powder for a Cap.

Take Mastick, Yellow-Amber, Sandarach, of each one ounce and a half ; sweet Calamint and Nutmegs, of each two Ounces ; Cinnamon, two Drams ; sweet Marjoram, Lavender-flowers, and red Rose-leaves, of each one dram and a half ; of Roman *Nigella*-seeds, one dram : Let all these be beaten to a gross Powder, and quilted in a Cap.

To make the Face fair.

Take fresh Bean-Blossoms, distil them in a Limbeck, and with the Water wash your Face.

A Wound-Drink.

Take Southern-wood, Wormwood, Bugle, Mugwort, White Bottle, Sanicle, Plantain, Dandelion, Cinquefoil, Rib-wort, Wood-Betony, Clary-roots, Avens called Herb-Benner, Hawthorn-buds, Agrimony, Oak-leaves and Buds, Bramble-buds, wild *Angelica*, Mint, Scabious, Strawberry-leaves, Violet-leaves, Comfrey, of each twenty-handfuls : Gather them in May, and dry them in a Room without much fire ; turn them often, that they may not become musty, and when they are dry, put them up in Canvas-bags severally. Then take these several Herbs so dried, of each three handfuls ; put them into two quarts of Running-Water, and one quart of White-Wine ; boil them to three Pints, strain the

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Liquor

Liquor from the Herbs, and put thereto one pint of Honey; which boil again, taking away the Froth; that done, strain the Liquor again, and keep it in a glass-bottle close-stopped; take thereof in the Morning fasting, and last at Night, two or three spoonfuls at one time. This Water will not continue good above three or four Weeks at the most: It cures old Sores, green Wounds, Impostumes, Fistula's, and stanches Bleeding.

The bitter Decoction.

TAKE of *Carduus*-seeds bruised, one dram; Gentian-roots, thin sliced, ten grains; Centaury-tops and Camomile-flowers, of each as much as may be held betwixt two Fingers and a Thumb: Let these boil over a gentle Fire, in somewhat above six ounces of Water, to make a quarter of a pint clear; a dram of *Sena* may also be added in the boiling.

A green Salve.

TAKE one pound of Butter; Bees-wax, five ounces; Rosin, one pound and a half; Frankincense, four ounces; Oil of Bays, two ounces; Deers-suet, one ounce and a half; Verdegrease, one ounce and a half: Boil the Butter a little, then boil the Wax in it, and stir it often; take it off the Fire, put in the Oil of Bays, and set it on the Fire again; that done, put in the Deers-suet, and let it have one walm, for if it have more it will turn black: When it is off the Fire, put in the Verdegrease powdered, strain it into Pots, and keep it for Use.

A Receipt

*A Receipt for the King's-Evil, Fistula, sore Breasts,
Legs, or other Sores.*

TAKE Samnil, Agrimony, Avens, wild Bugle,
red Dandelion, wood-Betony, Rib-wort, wild
Clary-Roots and Leaves, Mugwort, Paintrain,
Wormwood; and Bugle beaten and bruised, of
each two handfuls: Boil these very gently in six
quarts of White-wine, till their virtue is extracted;
then with your Hand squeez all the Juyce out of
them into Wine, strain the Liquor out, and set it
on the Fire to be clarified with so much Honey as
will make it pleasant, and not sharp: Let it boil
a little more; and when it is cold, put it into Bor-
tles close stopped, and it will last a Year; whereof
give the Patient six spoonfuls at a time in the Mor-
ning fasting, and at four a Clock in the Afternoon.

*To ease Womens Child-bed Throws that are taken with
a Cold a Week or two after their Delivery.*

TAKE one or two spoonfuls of Oil of sweet
Almonds newly drawn, either in Posset-drink,
or in a Caudle, warm, Morning, and Evening;
it will help very much.

For Womens swooning Fits after Delivery of Child.

TAKE the Powder of white Amber as much as
will lie on a Three-pence, and give it in
Mace-Ale warm.

An approved Medicine to speed a Woman's Delivery in Difficult Travel, and to send out the After-burden safely.

TAKE Cinnamon two drams and a half, one dram and a half of white Amber, Myrrh two scruples, *Castoreum* one scruple; *Borax* half a scruple, Saffron five grains; powder and mix them. Give one dram thereof at a time in White-wine and Sugar, and let the Parry sweat after it. This has been often tried with good Success.

An Approved Medicine for the Megrim.

TAKE one spoonful and a half of the white of an Egg, beaten very clear; White-wine Vinegar one spoonful; Pepper and Frankincense, of each two drams powdered, and one spoonful of Honey: Mix these with so much Wheat-flower as will turn it into a Paste, whercof make two Plaisters, and lay them to the Temples of the Head; change them duly every Morning and Evening.

To ease the Head-Ach.

TAKE red Rose-leaves dried, mix them with Wheat-flower, Vinegar, Oil of Roses, and some Houfleeke: Boil them till they are thick, spread this Salve on a Linnen-Cloth, and lay it to the Forehead and Temples, and it will ease the Pain.

Dr. Goffe's Receipt to preserve a Woman with Child from Miscarrying and Abortion.

LET a Fillet of Beef half roasted, be taken hot from the Fire; then take half a pint of Mulcadine, Sugar, Cinnamon, Ginger, Cloves, Mace, Grains

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Grains of Paradise and Nutmegs, of each half a dram, and make thereof a Sauce : That done, divide the Beef into two pieces, wet them in the Sauce, and bind one piece to the bottom of the Woman's Belly, and the other to the Reins of her Back, as hot as may be endured ; keep them on twenty four hours at the least, and longer if it be requisite.

For the Wind in the Veins.

TAKE Powder of Liquorish, Caraway-seeds and Sugar-candy beaten small, of each an equal quantity to your Taste ; to which add Rhubarb into Powder a third part or more, with as much Cream of Tartar pulveriz'd : Put this Compound in a Box, keep it in your Pocket, and eat as much of it as will lie on 'a Six-pence twice or thrice in a Day for a Week together ; it will gently purge you, cool the Blood, and expel the Wind out of the Veins. This hath holpen those that have not been able to go:

An excellent Scar-cloth for a Bruise, Strain, or Wound.

TAKE one pint of Oil-Olive, read Lead eight ounces, Virgins-wax four ounces ; Ointment of Populeon four ounces ; the Oils of Roses and Camomile, of each one ounce : Set the Olive-oil on the Fire, melt the Wax in it, pour in the Populeon and other Oils ; when all are melted, put in the red Lead ; stir them well together, and let the Ointment boil till it is black ; then dip in your Cloaths, and apply them to the Parts affected.

Mr. Lumley Surgeon, his Pippin-drink for a Consumption.

TAKE the thick Parings of six Pippins, boil them in three Pints of Spring-water to a quart ; then sweeten it with Sugar-candy, whereof drink the quantity of a Wine-glass when you go to Bed. In a Feaver, it's very good with a little Syrup of Lemmons.

An approved Medicine for the Spleen.

DRINK for three Mornings together pure Whey, as it comes naturally from the Curd ; the first Morning two Pints, the second three Pints, and the third four Pints. The best Exercise after it is gentle Riding.

A rare Balsam.

TAKE Venice-Turpentine one pound, wash it four times with fair Water, and as many times in Damask Rose-water, till it is as white as Snow. Then take an earthen Gallon-Pot, having a hole in the bottom of it, which stop with a Cork and a Rag, and tie a string about the Cork ; into this Pot pour five pints of pure Oil-Olive, and three pints of Spring-water ; boil these half a quarter of an Hour ; that done, melt eight ounces of yellow Wax in a Skiller, which put to the Turpentine in the Pot ; take it off the Fire, and stir them together with a Spoon till they are well mingled : Afterwards pluck the Cork out of the earthen Pot, let out all the Water into a Platter, and the Oil and the Turpentine into the Wax in a large Bason, and set them over the Fire, stirring them well : That done, pour your Mixture

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out into a large Earthen Pan, and when it is thorough cold melt it again on the Fire, so that it will slip out. Then pour out the Water in the bottom, melt it again on the Fire, stirring all well together, and so purit up into Gally-pots for Use; thus you have a most excellent Balsam made by Decoction, whose effects are as follows:

The Virtues of it.

1. It is good for any inward Wound squirted warm into it, and outwardly apply'd thereto on fine Lint, anointing the Part. It also preserves the Wound from Inflammation and Putrefaction.

2. It heals any Bruise or Cut, being first anointed therewith, and then a piece of Lint dipped in it, and laid to the Place.

3. It cures all Burns and Scalds.

4. It helps the Head-ach, anointing the Nostrils and Temples therewith.

5. It expells the Wind-Colick, or Stitch in the Side, being anointed and apply'd four Mornings with warm Cloaths; every Morning bathing it before the Fire a quarter of an Hour.

6. It helps a Surfeit, taking one ounce thereof in warm Sack.

7. It preserves from the Plague, only by anointing the Lips and Nostrils therewith before the Party goes abroad in the Morning.

8. It is good against Cancērs and Worms applied as before for a Cut.

9. It helps Digestion, and keeps from Vermin, if the Navel or Stomach be anointed with it before the Party goes to Bed.

The Operator who made it, heal'd himself being sorely scalded.

To cure the Rickets in Children. Approved.

TAKE a quart of new Milk, put into it one handful of Sanicle, and boil it half away; give it to the Patient to drink in the Morning for Break-fast, and let him not eat any thing for an hour or two after it. At Night take a quart of Milk, and one handful of red Mint, boil it half away as before, and let the Child eat it last at Night; continue the same Course for a Month or longer, as occasion requires. This quantity of Milk so made, will serve for twice.

An Ointment to anoint the Ricketed Child's Breast.

TAKE fresh Butter, Sanicle, red Mint, of each one pound; stamp the Herbs very small, and mix them with the Butter to a perfect Ointment; Let the Child's Breast be anointed therewith every Morning and Evening before the Fire; you must anoint it from Arm to Arm, that it may open the Breast; also anoint the Gullet-bones, that they may open, for in this Disease they will seem to close.

To anoint the Ricketed Child's Limbs, and to recover them in a short time, though the Child be so lame as to go upon Crutches.

TAKE a Peck of Garden-snails, bruise them, and put them into a course Canvas-Bag; hang it up, and set a Dish underneath to receive the Liquor that drops from them; anoint the Child therewith in every Joint which you perceive to be weak, before the Fire, every Morning and Evening. This I have known made a Child that was extreme weak to go alone, using it only a Week's time.

A Plaister for an Ague.

TAKE strong Leaf-Tobacco six drams, Currans a small handful, and as much Boar's-grease as will make it into a Salve, by beating and stamping together in a Stone-Mortar: Then spread the Salve an Inch thick, on two pieces of Sheeps-Leather, and lay them upon the Veins of both Wrists twenty four Hours before the Fit comes. This will cure either a Quartan or a Tertian Ague.

An Admirable cooling Drink for a Fever.

TAKE French Barley one ounce, boil it first in a quart of fair Water, then shift it, and boil it in another quart of Water a good while; shift it again, and boil it in a Pottle of running Spring-Water to a quart: Afterwards lay two ounces of sweet Almonds, to soak all Night; stamp and strain them into the last Barley-water; put to it four spoonfuls of Damask Rose-water, the Juice of one Lemmon, and with Sugar sweeten it to your taste; drink this often in the Night, or when you are dry or hot.

To clear the Stomach, and comfort it.

TAKE a pint of Sherry-sack, put in it two ounces of Jean-Treacle, and four ounces of white Sugar-candy; boil them into a Syrup over a gentle Fire, and take one spoonful in the Morning fasting.

A Plaister for the same.

TAKE a red Rose-cake and toast the upper side of it at the Fire; stick it thick of Cloves, and dip it in a small quantity of *Aqua vite* and White-

White-wine Vinegar warmed very hot on a Chafing-dish of Coals; lay it to the Stomach as hot as can be endured, and bind it fast on all Night.

To procure speedy Delivery to a Woman in Labour.

BOil a pint of Ale, make a Posset of it with a Woman's Milk, and let the Party drink it: This has occasion'd an easie and speedy Delivery to several Women in Child-Birth.

A good Stomach-Water.

TAKE a quart of *Aqua Composita*, or the smaller *Aqua Vita*, and put into it one handful of Cowslip-flowers, a good handful of Rosemary-flowers; Sweet-Marjoram, Pellitory of the Wall, Betony and Balm, of each a little handful; Cinnamon half an ounce; Nutmeg a dram; Anis-seeds, Coriander-seeds, Caraway-seeds, Gromel-seeds, Juniper-berries, of each a dram. Beat the Spice and Seeds in a Mortar, before they are put to the *Aqua Composita*, or *Aqua Vita*, with your Herbs, and add a pound of very fine Sugar; mix all these Ingredients well together, turn them into a Glass-vessel, and let it stand in the Sun nine Days, stirring it every Day. Two or three Dates, and a small Race of Ginger slic'd into your Water, will make it the better, especially against Wind, &c.

A Water for fainting of the Heart.

TAKE Bugloss and red Rose-water, of each one pint, Milk half a pint; Anis-seeds, and Cinnamon beaten gross, of each half an ounce; Maiden-hair two handfuls, Harts-tongue, one handful, both shred: Let all these Ingredients be

mixt

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mixt together, and distill'd in an Alembick ;
drink of this Water, Morning and Evening,
with a little Sugar.

*A Water for these that are pensive and very Sick,
to comfort the Heart.*

TAKE a Spoonful of *Manus Christi* reduc'd to a
very fine Powder, a quarter of a pound of
double refin'd Sugar likewise powder'd, and six
Spoonfuls of Cinnamon-water: Mingle all toge-
ther, and set them in a Dish over a gentle Fire,
so as they may have five or six Walms ; then
pour your Water into a Glass, and let the Party
drink thereof a Spoonful or two, as occasion serves.

A Surfeit-Water.

LEt half a Bushel of red Corn-poppey be pur-
into a large Dish, and cover'd with brown
Paper : Then lay another Dish upon it, and set it
in an Oven after Household-bread is bak'd sever-
al Times. As soon as it is thorough dry, put it
into a Pottle of good *Aqua Vita*, with half a
pound of Raisins of the Sun stoned, six Figs,
three Nutmegs, two Races of Ginger all sliced ;
two Blades of Mace, one Stick of Cinnamon
bruis'd ; Liquorish slic'd, one ounce ; Anis-seeds,
Fennel-seeds, and *Cardamums* beaten, of each one
dram : Put all these into a broad Glass-Body,
and lay first some Poppey in the bottom, then a
Layer of the other Ingredients ; over that Poppey
again, and so till the Glass is full. Afterwards
having pour'd in the *Aqua Vita*, let it infuse close
cover'd, till it is strong of the Spice, and very red
with the Poppey. Take two or three Spoonfuls of
this

this Water upon a Surfeit, and when all is spent, put more *Aqua Vita* thereto, and it will have the same effect the second Time, but no more after.

To cure a great Flux or Looseness of the Belly.

TAKE a hard Egg, peel off the Shell, and put the smaller end of it hot to the Fundament; when that is cold, take another such hot, fresh, hard, and peeled Egg, and apply it as afore said.

To strengthen weak Eyes. By Mr. Stepkin.

TAKE one pint of red Rose-water, Sugar-candy one ounce, *Lapis Tutia* two drams, both finely pulveriz'd; put them into the Rose-water, and stir them well together. After it has stood 24 Hours, wet a bit of new clean Sponge in the said Water, and wash the sore Eyes therewith, lying backward; when the Water is almost spent, put into the Glass more red Rose-water.

A rare Oil of St. John's Wort.

TAKE a quart of Oil-Olive, one pint of White-wine, two handfuls of *St. John's Wort* stripped, Seeds and all; bruise them, slip them into the Oil, and add thereto two ounces of Oil of Turpentine; put all into a great double Glass close stopp'd, and set it in the Sun ten days: Then put the Glass with all that is in it into a Kettle of Water, with some Hay or straw in the bottom, and let the Water boil gently for ten or twelve hours; that done, strain the Herbs from the Oil, into which Oil put as much fresh *St. John's Wort*, and Seeds bruised, and let it stand ten days more in the Sun. This Oil will be then of a deep red Colour.

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Colour, and will last seven Years; it is good to heal any Wound, the venomous bitings of Dogs or Serpents, and for Sprains.

A Glister for a burning Fever.

TAke one handful of *French-Barley*, boil it a while in Water till it is red; then pour off the Water, and put the Barley into a quart of running-water, with Mallows and Strawberry-leaves, of each one handful, a few dry'd Camomile-flowers, and a spoonful of Annis-seeds, bruised: Afterwards boil it half away, strain it out, and put to the Liquor a Saucer of Oil-Olive, with four ounces of brown Sugar, and four spoonfuls of Syrup of Violets; use it somewhat more than luke-warm.

An excellent Drink to keep one's Mouth moist.

TAke Rosemary, Cinquefoil, and a Stick of Liquorish, bruised; boil them in a quart of fair Water till half be consumed: Then strain it from the Herbs, put in Sugar-candy, and let it boil a while again; take it off the Fire, and let the Patient drink thereof cold or luke-warm.

To stay Vomiting.

BOil a good quantity of Cloves in Ale very well, that it may be strong of the Cloves; then sweeten it with Sugar, and drink it warm.

Dr. Lower's Receipt for the same Purpose.

SEt some Claret-wine and Mint-Water in a Dish or Plate over the Fire: Then having cut a Penny-loaf of White-bread in slices, toste them, and

and put them into the Liquor: Let these be apply'd in a warm Cloth to the Pit of the Stomach; but they must not be soaked too much.

An excellent Receipt for Swooning, and bringing quickly to Life.

LEt some round black Pepper be bruised a little, and take half a Sheet of white Paper; fold it up together, and between every fold, strew some of the same; burn one end of the Paper in the Fire, and hold it to the Nostrils; it is very good.

Against Fainting.

PUt Amber scraped into a spoonful of hot Broth, and take it in the Morning fasting, or at other times when you find your self faint; and fast an hour after it.

Dr. Lukener's Medicine to the strengthen the Back,

TAke a pottle of fair Water, and a Cock-Chicken; then take three Crowns weight of *Sassafras*, as much of *China-wood*, one dram of *Orange-roots*, one dram of *Marsh-mallow-roots*; scrape and cut all these in small Pieces, put them into a close Pipkin, and paste it fast, that no Air come out; let it stand twenty four hours upon the fire, and stew, but never boil: Then open the Pipkin; put in one Crown's weight of *Fennel-seeds*, and red *Rose-leaves*; *Borage*, *Bugloss* and *Rosemary-flowers*, of each a small quantity; *Prunes* and *Raisins of the Sun*, each a handful, and the bottom of a *Manchet*: Boil all these together very well, till it come to be pretty thick Broth; strain it, and let the Patient take of this a reasona-

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reasonable Draught at Eight in the Morning, and at four in the Afternoon, for three Days together.

To stay a Looseness.

TAke Sage, and dry it on the Fire between two Dishes; then put it into a Linnen-bag, and sit upon it as hot as you can endure it; continue it till you find ease.

A singular Medicine to prevent the Marks of the Small Pox from being seen.

BOil a piece of fat Beef that is thoroughly powdered a great while; then take a good quantity of the fattest Broth, strain it, and put thereto a quantity of red Rose-water; beat them well together a good while, and as soon as the Pox begin to itch, anoint them two or three times a Day therewith till they are clean gone: When the Pox is quite recover'd, let him mix the Broth of lean powdered Beef, with White-wine, and wash his Face therewith; which will bring it to the same smoothness and colour, as it was before; in any wise keep not the Throat nor Face too hot.

Another excellent Remedy for the same Purpose.

When the Small-Pox are clear come forth, and begin to dry; warm a little *Sperma Ceti* in a Saucer, and with a Feather anoint all the Places several times in a Day, as often as it dries up.

To dry up the Small-Pox.

TAke half a pint of new Cream, and as much Saffron as will make it of a deep yellow Colour; boil them together half a quarter of an hour,

hour, and keep all in a Glass: When the Pox begin to wheal, warm some of the Ointment in a Saucer, and anoint them with a Feather twice a Day till they are dried up.

Dr. Eaglestone's Cure for the Small-Pox or Measles.

TAKE a quart of Ale or Beer, boil it in a Skillet, and put thereto a good handful of Fennel, with six or seven Figs, scraped and cut in pieces, two good Spoonfuls of Annis-seeds, and a little Saffron: Let them seeth together till the Liquor is more than half consumed, and in the seething, scum it clean; strain it into a Bason, and when it is cold, make a Posset of the same Drink; use to drink this often warm, and it will cause the Disease to come forth.

To keep the Small Pox out of the Throat.

TAKE a little Saffron, dry it by the Fire, beat it to a Powder, and boil it with a little Milk; drink thereof Morning and Evening.

It is an excellent Remedy both to prevent the small Pox from coming into the Throat, and to bring them kindly out.

An Ointment for the Small-Pox when they begin to change a top, and to prevent their Pitting.

Approved:

TAKE a piece of fat rusty Bacon, and scrape away the out-side very pure; then tye it to a Spit, set a Pewter-Bason with fair Water under the same, and let the Bacon drop therein; when the Fat of it is dripped away, beat that and the Water together with a Spoon a quarter of an hour, and

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and let it stand till it is thoroughly cold : Then pour the Water out, and put the Lard into another Dish of fair Water ; so doing for four times ; after that in like sort three times, with red Rose-water ; that done, drain the Water from it, and put it up in a Gally-pot : When you would use this Ointment, melt it, and with a Feather anoint the Face Day and Night, once in a quarter of an hour, till the Scabs be clean off ; and afterwards as long as there remains any Scurf.

To keep the Small Pox out of the Eyes.

TAKE a blade or two of the biggest Saffron, put that and Womens Milk together, and so let it soak half an hour ; then with a Feather anoint every quarter of an hour the out and inner sides of the Eye-lids round about as long as it is thought any Pox will come out : This will preserve the Eyes from all Danger ; use the like to the Nostrils, that the Breath be not stopped.

An Excellent Remedy for the Small Pox when they have appeared, and the Party taken cold. Approved.

BOIL a good handful of Camomile-leaves, (not the Flowers) make Posser-drink thereof, and let it taste very strong of the Camomile ; but rake the Curd away : Then drink a good Draught of it very hot four or five times, or as often as need requires, till the Pox appear again. This is also a very excellent Receipt for staying any Looseness in the Body ; if it should be too bitter you may put a little Sugar therein.

A Medi-

A Medicine to drive out the Small-Pox.

TAKE of distilled Tarragon-water, eight spoonfuls, and put thereto six Grains of Bezoar or Unicorns-horn; or for want of those two, so much Saffron, but the other is the better: Let it be warm, double the quantity as you see cause, taking nothing an hour before, nor an hour after.

Another of the same, and to preserve from being Infected.

TAKE a quart of new Milk, put thereto half a penny-worth of *English* Saffron powdered; boil it till it is strong and yellow, give thereof a good Draught warm in the Morning fasting: Take it every nine Days three Mornings together, mixed with Ivory and Harts-horn, of each a small spoonful, as long as you fear Infection.

Dr. Stephens's Medicine for the Gout. Approved.

TAKE two pounds of Virgins-Wax, of Boars-grease, half an ounce; of Sheeps-suet, two ounces; of Neats-foot Oil, two ounces; Plantain and Rose-water, of each two drams; Spike-water, one dram; of Dragon-Water, half an ounce; as much of Borax-water, and Dr. Stephens's Water; with two Nutmegs, twelve Cloves, and some Mace of the best: Beat these small together, put them into a Pot, and boil them over a soft Fire, till they become a Salve; then having chafed the Place where the Parray is grieved, as hot as he can bear it, spread this Salve on a fine Linnen-cloth, and let it lye upon the Part six or eight Days.

The Countess of Mounteagle's excellent Medicine for the Cramp. Approved.

TAKE a handful of the Herb called Perriwinkle; (some of it bears blew Flowers, and some white) also a good handful of Rosemary-tops; put them into a Pewter-dish, and set them upon Coals; dry them and turn them very often. When they are very hot, lay them upon the Part that is seiz'd with the Cramp, and bind a Cloth upon them when you go to Bed.

A Posset-drink for one that is sick at Heart, to remove it thence, though it be the Plague.

MAKE Posset-drink of Ale, and clarifie it; then boil Pimpernel in it till it is strong of the same, and drink often thereof.

Remedies against the Falling-Sickness.

TAKE Powder of Harts-horn, drink it with Wine, it helps that Disease; so do Ravens-Eggs taken with the Juice of wild Rue, and the Juyce of Mistletoe.

To void Phlegm.

TAKE clarified Posset-drink, and put thereto sweet Butter, the yolk of one Egg, a little small Ginger, Hyssop, red Mint and Sugar; let all these boil together, drink thereof first and last, as warm as you can bear it.

A very good Remedy to stay a Looseness that happens in Child-bed.

First in the Water you mean to use, quench a gad of Steel several times; then take the inward Barks of Sole, Bramble, and young Oak-trees, of each a like quantity, and so much as will suffice, according to the Liquor you intend to make; if you use three pints of Water, a pretty handful of each Bark will serve scraped fine: When they are well boiled, and one pint is wasted, strain your Liquor, and make it into Almond-Milk, with unblanched Almonds finely ground: That done, with well boiled Ivy thicken your Milk, and other Rice-broth, and season it with Sugar and Cinnamon beaten; let the Party forbear Drink as much as may be, and eat thereof once in two or three hours a little at once as her Stomach will serve. If she have any Gripes, let this Madicine be used, which I know to be singular good for any Stoppage by sudden cold in Child-bed, viz. Gather a great deal of Camomile, heat it well between two Chargers upon a Chafing-dish of Coals; when the Moisture of the Herb is somewhat spent, strew in a handful of Cummin-seed, and sprinkle it now and then with a little Malmsey: That done, put it into a thin Bag, apply it to the Belly as hot as may be endured, and as it cools, warm it again, till the Party have ease: Instead of Malmsey you may use Muscadine; this has been many times proved.

For a Wen.

Et Stone-lime, be put into Water, till it has done working : Then mix a quantity of it with some Barrel-soap, and spread it on a Cloth ; apply the same to the Wen, and it will eat it away.

*A particular Method of Curing a Rupture : By
Mr. Potter, Surgeon.*

Take the Roots of baked Fern, and the Roots of Elecampane, of each a like quantity ; wash and pare them clean, cut them as small as you can, stamp them in a Mortar as fine as is possible ; tempering them with Oil of Bays, and two spoonfuls of the Oil of Exeter : When you have made the Salve, spread it upon the *Scrotum* of the Belly, and lay the Plaister upon the Hole, moving it every two Days ; afterwards, for the space of ten Days, you must use another Salve or Plaister as follows, *viz.* Take a quarter of a pound of the whites of three or four Eggs, which being well incorporated, put in two spoonfuls of *Pescolion* ; that done, mix all these together, and use the same as you use the former Salve : When the Plaister is taken off, you must lay fine Cloths under the Bolster of the Truss, till the Skin be grown.

A Medicine to destroy Warts.

Take Radish-root, shred it thin, put it in a Pewter-dish, and cast Salt upon it ; cover it with another Dish, and shake the Slices up and down : Take a piece thereof, and rub the Warts with it ; then, throw away that and use another ; three or four times a Day.

To take away Corns.

TAKE Hogs-grease, that is not tried, and beat it with a Pestle; then spread it upon a piece of Cotton on the rugged side, and bind it on the Corns, dressing them once or twice a Day, and it will wear them away.

To take away Freckles or Morpew.

TAKE four spoonfuls of *May-dew*, with one spoonful of Oil of Tartar, and mingle them together: Wash the Parts where the Freckles are, and let the Water dry of it self; it will clear the Skin, and take away all foul Spots.

The Lady Nevil's Receipt for a sore Breast, by cold-festering of the Milk.

TAKE of Beans and Linseed, of each a little handful, dry them and beat 'em to Powder; then let a quantity of Milk, and the Yolks of two new-laid Eggs be boiled together: Put in the Powder of Beans and Linseed, and boil it to a Poultefs, lay it to the Breast as hot as may be endured, and it will both draw and heal it; dress it twice a Day.

Dr. Soper's Water for a sore Eye, or any defect or decay in the Sight.

TAKE of red, or rather of white Rose-water, half a pint; of *Lapis Calaminaris*, half an ounce; *Lapis Lucius*, as much; beat them both to Powder, and sift them very fine: Also of *Rhenish Wine*, half a pint; Honey, half a spoonful; some *Gloves*; *Plantain-water*, half a quarter

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quarter of a pint; of Aloes, as much as a Walnut, beaten to Powder and finely searfed : Shake these very well together half an hour or more, and let them stand twenty four hours before you begin to use the Water ; stop it close, and it will be good for a Year ; put in a drop thereof with a Quill into the Corner of the Eye, and let the Parry lean back a quarter of an hour ; use it Morning and Evening.

To take a white Skin from the Eye that came by some blow, though a quarter of a Year since.

TAKE the Gall of a white Cock-Chicken, and a drop or two of live Honey ; mingle them together in a Saucer on a few Embers, and drop it three or four times a Day into the Eye.

For the breaking out of young Childrens Heads.

TAKE Butter and Salt, fry it together till it be black ; and when it is cold, anoint their Heads : Or else take pure Saller-oil and Vinegar, and beat them together ; anoint the Place Morning and Evening till it is whole. Whey made with Agrimony, Scabious and Wormwood, is excellent to clear the Blood.

An excellent Medicine for a Scald or Burn newly done.

TAKE Horse-dung newly made, or as new as you can get, strain it through a thin old Cloth, and therewith anoint the Part two or three times a Day ; every time dip the Cloth in the Horse-dung, so strain it, and bind it to the Sore all Day and Night.

The Countess of Arundel's Drink for the Scurvy.

TAKE of Fumitory and Scurvey-grass, that which grows by the Sea-side, of each twelve little handfuls ; of Brook-lime, three little handfuls ; of Water-creffes, six little handfuls ; wash and dry them very clean, stamp them, and hang them in three Gallons of strong Beer or Ale : When it is stale, drink a good Draught in the Morning, fasting an hour after ; another an hour before Dinner, and another half an hour before you go to Bed ; the more Exercise you use after it the better. It is requisite to be well purged, before you take this Drink or any other, and to use it three Weeks or a Month together ; if you cannot have green Fumitory, make use of it dry.

Paracellus his Plaister called Emplastrum Fodicationum Paracelsi, good for many Diseases herein mentioned ; translated out of Latin into English.

TAKE of these four Gums, that is to say, *Galbanum*, *Opopanax*, of each one Dram, *Ammoniacum*, and *Bdellium*, of each two Drams : Let them be beaten very small, and put into an earthen Pot leaded or glazed, pouring upon the same very good Wine-Vinegar ; and let them so remain a Day and Night : Then boil them in the same Vinegar upon a great Fire, that the Gums may melt, and when they are thoroughly dissolved, pour out the same hot into a Bag ; wring or press it, that they may be well cleansed from the Dregs, which Dregs must be cast away. Take the said Liquor so strained out, and let it boil till the Vinegar be wasted, and utterly evaporated ; in the boiling, you must continually stir it without cea-
sing,

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sing, lest the Gums be burned; keep this very clean and covered, that nothing fall into it: Afterwards take of Oil-Olive, two pounds; new Wax, half a pound, and let them be put into an earthen Pot, well leaded or glazed, of a sufficient bigness, set the same over a Fire of Coals, and let them melt at leisure; at length, put into it a pound and a half of Lithargy beaten to very fine Powder; stirring it continually with a Stick or Spatula by little and little, till it be thoroughly mixt together, and the Matter is of a rawny Colour: That done, take the aforesaid Gums which were first boiled, put the quantity of a Nut into the said Matter, and so by little and little, at several times; slip into it such a like quantity of the Gums at each time, till the Gums are all put in, and well incorporated with the other Ingredients, and melted. You must take care withal, lest the Matter be over-much heated, so as to boil over and run into the Fire; for it is very hot of itself: Some time after, put the following Drugs into it, viz. the two kinds of *Aristolochia rotunda*, *Calaminaris*, Myrrh and Frankincence, of each one dram; beat those to fine Powder, that are to be pulverized, and put them into the said Matter; pour on it one dram of Oil of Bays, and lastly, put therein four Drams of white Turpentine: Boil all these together, and stir them about continually with great Diligence; when you would know whether the whole Mass is sufficiently boiled, put a little thereof into cold Water, and if it be not so soft that it cleave to your Fingers, it is well; otherwise it must boil longer. Then take it from the Fire, pour it into a Basin full of Water; and as soon as it is well cooled, that you may handle it,

anoint your hand with Oil of Camomile or Roses, and kneed it well three or four hours, in order to be laid up in a cleansed Vessel ; it will last above fifty Years, and be then as good as at the first Day it was made.

The Virtue of Paracelsus's Plaister.

IT is good for old or new Sores ; it dries, cleanses, and breeds good Flesh ; it confirms and comforts ; healing more in a Week than other Plaisters usually do in a Month ; it will not suffer any Ulcer to putrefie or corrupt, or any dead or proud Flesh to grow : For Sinews cut, bruised, or pricked with a Thorn, or otherwise, it is most excellent ; it draws out of Wounds, Iron, Wood or Lead, and the biting of venomous Beasts ; it causes all kind of Impostumes, or Biles to ripen, if it be laid thereon : It is also most excellent against the Canker, Fistula, Shingies or Saint Anthony's-Fire, and also a sovereign and speedy help against all Pains, to assuage all Aches, and for all kind of Wounds. I Thomas Porter have often found by Experience, that it is a singular, and special help for Bones out of joynt, by laying one or two Plaisters, or three at the most : I have healed in fourteen Days Arms out of joynt, so that the Parties have said they had no Pain nor Weakness after. As for Wounds made by Thrusts, you must not tent them, unless they run with Matter before you come to them ; but only apply this Plaister, two of which are commonly sufficient to heal it, or any other Sore or Swelling : If dead Flesh be in a Sore before the Plaister is laid on, it will not destroy it, so that it must be pluckt out ; but if it find none, it will suffer none to breed. When you lay

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lay up this Plaister, put it in oiled Paper or oiled Leather, or both ; it will keep it the better from over-much drying ; and you must set it out of the Sun and Wind.

For the biting of a mad Dog, or stinging of an Adder.

TAKE a handful or more of Hasle-Nuts, a quarter as much of Rue, with a Clove of Garlick, and stamp them all together ; then take the Juice, and put a little Treacle to it : If it be a Man that is stung or bitten, give it him to drink in Beer, Wine or Ale ; but if a Dog, give it in Milk : Afterwards take the gross Substance from whence the Juice came, and bind it to the Part which was bit or stung.

For the biting of Snakes.

STAMP Garlick, and lay it to the Part that is bitten.

Dr. Lukener's Remedy for one who is stung with Wasps.

MAKE a little Plaister of Treacle, lay it upon the Place that is so stung, and it will help it.

*An Ointment for a great or hard Belly by Ague,
Worms, or Spleen.*

TAKE the finest common Wormwood, Garden-Tansy, Feaver-few, Lavender-Cotton, Southernwood, unset Leeks, blades and all, Park-leaves, Herb-grace, of each one little handful ; let them be well washed and dried : Then take a good pound of Barrows-grease, and stamp all in a wooden Dish ; set them eight or nine Days in a Cellar, or low Place, till they have a hoar all

over them ; that done, break them all together, put them into an Earthen Pot, and set them over a gentle Fire ; let them boil a good hour, strain all through a clean Cloth into a Gally-pot or Glass, and so keep it as a precious Ointment, which will last a Year well : When you would make use thereof, warm it, and anoint the Patient's Belly with the same, Morning and Evening. *Proved by Mrs. Joyce, Widow.*

The old Lady of Oxford's Oil of Exeter ; which is good for cold Gouts, Sciatica, and all manner of Aches in the Flesh and Bones, as also for Bruises. Proved.

TAKE one pound of Cowslip-flowers picked out of their Cases, gathered in *April* on a fair Day, when the Dew is gone ; steep them in Oil-olive, so much as will cover them, and let them lye in it till *June* in a Glais : Then take Calamint, Herb-John, Sage, Agrimony, Southernwood, Pellitory of *Spain*, Rosemary, Worm-wood, Penny-royal, Lavender, Camomile, Hirse, Laurel-leaves, Lilly-flowers, Pellitory of the Wall, Feaver-few and Broom-flowers, of each one little handful : Stamp all these Simples together, infuse them in White-wine, so as they may be covered all over therein, and let them remain fourteen or fifteen hours ; then put them into a quantity of Oil of Olives, and boil them together on a gentle Fire ; stir the Liquor well till the rawness and moisture of the Oil be gone : That done, strain it thro' a Canvass-cloth into a Pewter-dish or Glass, (for earthen or wooden Vessels will not hold it) and make use thereof as a singular good Ointment, and approved above all others.

To make a Sear-Cloth against Swellings and Aches.
Approved.

TAKE of Broom-flowers two little handfuls ; of red Bramble-leaves, one little handful (this sort of Bramble bears but three leaves together, and grows low on the Ground) : Let these Herbs be first pounded with a piece of unwashed Butter, and two or three Cloves, then boiled in Butter and strained : Afterwards melt the same with a little Piece of Wax, and make it up into a Sear-cloth.

The Lady Leonard's green Ointment.

TAKE red Sage-leaves, and Rue, of each one pound ; the youngest Bay-leaves and Wormwood, of each half a pound ; gather these in the Heat of the Day, pick them, but do not wash them, cut them small, and beat them long in a Mortar : Then take half a pound of Sheeps-suet hot from the Sheep, mince it small, and put it to the Herbs, beat it together till it is all of one Colour : That done, put the whole Mass into a clean Bowl, adding thereto a pottle of the best Oil-olive ; work it well till all become alike soft, and set it in an earthen Pot well stoppt for eight Days. Afterwards, let it boil in a Pan over a gentle Fire, and when it is half done, put in four Drams of Oil of Spike ; lastly, strain it thro' a clean Canvass into Gally-pots, stoppt close with Parchment and double Sheeps-leather : Anoint the aggrieved Part therewith, rubbing it in every Day before you leave it. This Ointment is only made in May, and will last many Years being close-stoppt and well kept.

The Lady Smith's Remedy to bring a young Child again when it is born.

TAKE a little Coventry-blew Thread, burn it, and hold it to the Child's Nose, that the smoak may go up.

To bring away the after-burden, although a Day or two after the Delivery.

TAKE Rye, and crede it as you do Wheat for Frumenty; make a Caudle of it, and let the Party drink a good Draught once or twice. This is proved.

For one bound in Body, though a Woman with Child.

TAKE a pint of White-wine, a quarter of a pint of Damask Rose-water, twenty Damask-Prunes, forty Raisins of the Sun stoned, a little whole Mace, and a few Anis-seeds ty'd in a Cloth: Let these boil leisurely together, and add thereto either Sugar-candy or fine Sugar; when they are boiled to a Syrup, take out a little of it, and strain it through a fine Cloth with a little Manna; that done, pour it into the Syrup again, and let it simmer together a good while; then put it into a Glass, and it will keep good half a Year: When you have occasion to make use of it, take one of the Prunes, with two or three Raisins, and eat them in the Morning fasting; take also a Spoonful of the Syrup, and fast two or three hours after the same.

Dr. Atkinson's Glisters for the Wind.

TAKE Camomile, Mallows, Violet-leaves, Beet-leaves, Beans and French Barley, one little handful; Fennel-seeds and Anis-seeds, of each two Spoonfuls

spoonfuls; boil all these together with a Rack of Mutton till the Flesh be very tender: Then take a pint of the fattest Liquor strained, and put into it two drams of the Oil of Rue, or Oil of Camomile, and for want thereof a little Dish-butter melted, two drams of course Sugar, and one or two yolks of Eggs.

To bring away a dead Child, or After-burden.

TAKE Saffron, Mace and Cinnamon, beat them to Powder, and sift them; give the Party as much of this Powder as will lie upon the point of a Knife in Ale, Beer, or one spoonful of what she likes best.

A gentle Purge which takes away a Terrian Ague being given the fourth Fit. Approved.

TAKE a dram of Rhubarb, and infuse it in six spoonfuls of Succory-water, three hours together over a very gentle Fire; then strain it, and put in half a dram of Syrup of Rhubarb, three spoonfuls of Syrup of Roses, and a spoonful of Cinnamon-water: If this be too weak to purge a strong Body, add thereto two or three drams of the Leaves of Sena, with a few Fennel-seeds to quicken it more; if it be always made with this Addition, it is the better.

The Lady Goring's Water for an Ague, Sicknes, or Foulness in the Stomach, and to purge the Blood.

TAKE dung of a Stone-horse that is kept in the Stable, when it is new made; mingle it well with Beer, a little Ginger, and a good quantity of Treacle, and distil it in an ordinary Still; give of this a pretty Draught to drink, The

The Lady Goring's Remedy for a Burn or Scald.

TAKE Hogs-fat or Seam made thereof, melt it; but let it not boil; put into it the white of a new-laid Egg or two well-beaten, and stir it continually on the Embers till it be like an Ointment; keep it for your use, anointing the Sore twice a day with it.

The Lady Goring's Remedy for Sharpness of Urine.

BOIL running-water with Liquorish, till it is somewhat strong of it, boil also in it a Pippin or two. Then put in some brown Sugar-candy, drink of it every Morning fasting a good Draught.

For Deafness. Approved.

TAKE Linseed-Oil and *Aqua Vita*, shake them together in a Glass-Bottle, and set it in the Sun a month or five Weeks. Shake it well every Day, and when you use it, put a little into the Ear; which must be afterwards stoppt with black Wooll.

An approved Receipt to stop bleeding at the Nose, or of a Wound or Cut in Man or Beast.

TAKE the flax of a Hare, the Moss of a Ash-tree, and powder of Bole-armoniack; chop them together, and moisten them a little with fair Water; put this into the Nostril that bleeds, and stir it not in twenty four Hours: If it be for a Cut or Wound, look first whether there is not any small piece of loose Flesh or Skin that hangs; if there be, clip it away, or else the Blood will not stay; then lay the aforesaid Medicine to it, and stir it not in twenty four hours.

The

The Lady Nevil's Remedy for the Stone.

Take the Herb *Aurea*, or Gold-Wire, dry it and keep it all the Year; every full of the Moon take a spoonful of the Powder in six spoonfuls of Milk and Water, and one of White-wine; or you may take it in Plantain-water, Vervine-water, or any that is good for the Stone; it may also be taken in the Fit.

The Lady Mildmay's Drink for a Cough or Cold.

Take Liquorish scraped and sliced, Anis-seeds rubbed and bruised, Raisins of the Sun stoned, Figs sliced, Hyssop-tops, of each one little handful, and a great handful of Colts-foot: Boil all these in a gallon of running-water, till two or three parts are consumed; then strain the Liquor, and stir in it three or four good spoonfuls of Honey. Take this in the Morning fasting, at four a Clock in the Afternoon, and when you go to Bed, four spoonfuls at a time warm.

Mrs. Chaunce her Receipt for the Spleen and Melancholy. The Preparative.

Take Parsley-Roots, Fennel, *Bruscus*, Asparagus of each four Ounces; the Seeds of Fennel, Anise, and Caraway, of each a dram and a half; the bark of Capers and Tamarisk, of each an ounce and a half; the leaves of Mug-wort, Borage, Bugloss, of each one little handful; Ceterach and Ditany, of each one little handful: Let all these Ingredients boil in three pints of Conduit-water, till half be consumed; then strain it, and put thereto Syrup of Harts-tongue, Syrup of Succory, and

and Rhubarb in powder or sliced, of each four ounces : Let it stand all Night, the next Day clarify it, and afterwards add the Spices of *Latificans Galeni* and *Diamuscum Dulce*, each two scruples : Take of this in the Morning fasting six ounces, as much an hour before Supper, for two Days together, and then take the following Purge.

Mrs. Chaunce her Purge.

TAKE of *Sena* three drams, *Epithymum* and *Polypody* of the Oak, of each two drams, *Fennel*, *Anise*, and *Caraway-seeds*, of each a dram and a half, *Carduus-seeds* two Scruples ; boil them all in a sufficient quantity of *Conduit-water*, till it comes to three ounces : Then put to it of *Rhubarb* a dram and a half, infused in *Succory-water*; *Syrup of Augustanus*, and *Syrup of Hartstongue*, of each one ounce, and make a Potion to be taken three times every third Day. Take one of these at Night, when you go to Bed, with two scruples of *Diascordium*, and one dram of *Alkermes* dissolved in *Borage-water*.

Mr. Powel's Medicicine for the Stone and Colick.

TAKE the quantity of half an *Hasle-nut-kernel* of *Mithridate*, with so much black *Sope*, and mix them together : Then cut off the top of a broad *Onion*, make it somewhat hollow, and put the *Sope* and *Mithridate* into it : That done, cover it with the piece you cut off, wrap it in *Paper*, and roast it in *Embers* till it be very soft. Put this between two *Linnen-cloths* warm, lay it to the *Navel*, and so use it till you find ease.

Choice Physicall and Chirurgical Receipts. III

*Mr. Rowland Haughton's Receipt for the cure
of the Stone.*

TAKE the distilled Water of Arse-smart, otherwise call'd Red-shank, in the Evening when you are warm in Bed, to the quantity of half a pint, and the like in the Morning a little before you rise, about four times. Then take the outer Rind of Barberries beaten to a very fine Powder, every Morning and Evening, and drink either a Draught of the said Water or small Beer after it: Continue this, and it will cure you.

*For an Ague congealed, or fallen into a Woman's
Breast.*

TAKE Stone-Honey, the rustiest Bacon you can get, Smallage, Alexander, Redcole, Marigolds, with black Seeds of Groundsel, Plantain and Sage, of each a quantity: Put all these into a Mortar, and stamp them as small as you can; then lay the Salve upon a piece of white Leather, to the place where you would have the Breast break; the Plaister must be spread upon the rough side of the Leather.

*An approved Medicine by the Lady Bray, for the
Ague fallen into any part of the Body.*

TAKE of Parsley one little handful, Smallage and Hemlock, of each as much; chop them small, and stamp them; put thereto a quantity of Barrows-grease, and pound all together: Then boil your Ointment a good while; stirring it continually till it turn green, and afterwards strain it: When you would make use thereof, take some in a Saucer, and anoint the Part with a Feather against the Fire.

The

and Rhubarb in powder or sliced, of each four ounces : Let it stand all Night, the next Day clarify it, and afterwards add the Spices of *Laticians Galeni* and *Diamuscum Dulce*, each two scruples : Take of this in the Morning fasting six ounces, as much an hour before Supper, for two Days together, and then take the following Purge.

Mrs. Chaunce her Purge.

TAKE of *Sena* three drams, *Epithymum* and *Poly-pody* of the Oak, of each two drams, Fennel, Anise, and Caraway-seeds, of each a dram and a half, *Carduus*-seeds two Scruples ; boil them all in a sufficient quantity of Conduit-water, till it comes to three ounces : Then put to it of *Rhubarb* a dram and a half, infused in *Succory-water*; Syrup of *Augustanus*, and Syrup of *Hartstongue*, of each one ounce, and make a Potion to be taken three times every third Day. Take one of these at Night, when you go to Bed, with two scruples of *Diascordium*, and one dram of *Alkermes* dissolved in *Borage-water*.

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*An approved Medicine by the Lady Bray, for the
Ague fallen into any part of the Body.*

TAKE of Parsley one little handful, Smallage and Hemlock, of each as much; chop them small, and stamp them; put thereto a quantity of Barrows-grease, and pound all together: Then boil your Ointment a good while; stirring it continually till it turn green, and afterwards strain it: When you would make use thereof, take some in a Saucer, and anoint the Part with a Feather against the Fire.

The

The Lady Darcres approved Medicine for the Stone and Strangury.

TAKE Bramble-berries when they are red, Ivy-berries the inner Pith of Ashen Keys, Eglantine-berries, Nut-Keys, the Roots of *Filipendula*, of all these a little; Acorns, and the Stones of Sloes, of each a like quantity, but not so much of either, as half of any of the others: Dry all in Platters in an Oven, so as they may be beaten to Powder: Then take Gromel-seeds, Anis-seeds, Saxifrage, Alefanders, Parsley, Coriander, Fennel, the seeds, of each of these the same quantity as the first; dried in like manner, and beaten all together to fine Powder: That done, take Liquorish scraped the best you can get, as much in quantity as all these; beat it fine, and mingle it with the Powder; keep it close from the Wind, and so use it Morning and Evening, with Posset-Ale, that has Mountain-thyme boiled in it. Make your Posset-drink with White-wine, or other Drink, and when you eat any Porage or other Broth, put some of the Powder in it, if you are in great Pain: In case you have a Stone, it will come away in Shivers, and your Water will be clear: Then take the Drink here prescribed, to cleanse the Bladder from all manner of Corruption and Uncleaness.

The Drink.

BOIL Rosemary and wild Thyme, of each a quantity at Discretion, in running Water, from a Quart to a Pint; with as much Sugar as will make it Sweet. Take of this Drink nine Mornings together, six or seven spoonfuls at a time.

Mr.

*Mr. Elderton's Medicine for extreme Pains of the
Colick and Stone.*

LET Ashen-Keys be dry'd in an Oven, take out the Kernels from the Husks, beat them to Powder, and sift them fine; let Eglantine-berries be also dried, beaten and sifted as the others; let House-leek be dried and sifted in like manner; put a small quantity of these three Powders together: Then let a small quantity of Anis-seeds and Liquorish be dried severally, powdered and well sifted. Take a spoonful of these Powders, or less; mingle all together, put it into three or four spoonfulls of White-wine or Ale; and drink it in the Morning, fasting one hour after: Thus drink it once in six Days, or else when you are grieved, and you shall never find Pain of the Colick or Stone: If the Seeds of great Nettles be beaten to Powder, and mixed with them, it will be better.

For a Pin or Web in the Eye far gone.

TAKE the Marrow of a Goose-wing, and mix it with the powder of Ginger, dress the Eye therewith two or three times a Day.

A Medicine for the Eye-aching, or redness thereof.

TAKE a Vial-glass, fill it full of fair running-water, and put into it fine *Sanguis Draconis*, the quantity of a Hasle-nut; it will help the Eye.

*For the Pin and Web in the Eye, so it be taken
before the sight is quite extinct.*

TAKE a little handful of three-leaved Grass, as much Roots and Leaves of Daisies, and seven or eight corns of Bay-salt; pound all these together,

ther, and strain them through a Cloth : Then beat up the whites of two new-laid Eggs a good while, let them stand a quarter of an hour, and scum off the Froth clean : That done, take the clear of the Whites, with as much of the Juice of the Herbs, and the quantity of two Hazle-nuts of *Englisb* Honey ; stir them together, and let the Party be laid down : Drop three drops with a Feather into his Eye, and let him lie still a good while after ; this must be used at least twice a Day.

Dr. Frier's excellent Remedy for Heat and Pimples in the Face.

TAKE of Plantain-leaves four little handfuls ; of Mallows or Tansey one little handful ; of Cinquefoil half a little handful, and as much of Strawberry-leaves : When they are pickt clean, take a Pottle of New-Milk from the Cow, and distil it in an Alembick, till a quart be dropped, but let it drop no more ; this Water may be kept a whole Year in a Glasse. Wet a Cloth in some of it, and wash your Face at Night in Bed, and often in the Day ; the best time to make it is in *May*.

For Heat and Scurf in the Face.

TAKE a pint of Cream as thick as can be scummed ; of Camomile one little handful, pickt washed, and shred very small : Put it into the Cream, and let it boil very softly till it come to an Oil ; never stirring it after the putting in the Herbs at first, but scum it clean when you see the Oil rise on the top : Then let it boil a little faster, strain it through a fine linnen-cloth, and anoint the Face therewith.

A very good Medicine for a Tetter.

TAke red Dock-roots, wash them, scrape them, cut them into slices, and lay them in White-wine Vinegar a Night or a Day : Then apply this Medicine to the aggrieved Part, washing it often with the Liquor.

To dry up Milk in Womens Breasts.

TAke a quantity of *Aqua Vita*, and sweet Butter, melt and temper them together, and anoint the Breast therewith, laying a brown Paper betwixt them : continue so to do as often as the Paper dries, till the Milk be dried up ; this is also good to keep the Ague out of the Breast.

To skin raw Nipples.

ANoint them with the Marrow of the Bones in a Deer's Foot : Otherwise take Milk with Allum wash'd, and beat some *English* Honey with the clear ; then dip a Rag therein, and lay it on the Nipple : Afterwards, having prepared Mutton-Suet shred fine and melted ; clap a Rag dipped in that, on the other, to keep it supple and warm.

*To make a Woman have a Nipple that has none,
and would give suck.*

TAke a Wicker-bottle that has a little Mouth, fill it full of hot Water, and stop it close till the Bottle be thorough hot : Then let out the Water, and set the Mouth of the bottle close to the Nipple ; as long as there is any heat in the Bottle, it will cleave fast.

To

To heal the Nipple of a Woman's Breast.

TAKE a quantity of Cream, and put it into the Juice of Valerian stamped and strained, with as much of the Juice of Sea-green used in like sort; boil all these together till they come to be as Butter: Then put it into a Box, and anoint the Nipple therewith three or four times a Day; laying a Walnut-shell, or some other hollow thing over the same, to keep the Clothes from it till it be whole. Or else make a Posset-Ale of Allum, lay the Curd to the Nipple warm, till the Child sucks, and afterwards lay it on again.

A Medicine for Worms in young Children.

TAKE a Plaister of white Leather, or brown Paper, and spread it with Honey; warm it a little against the Fire, but first strew some Powder of the best *Succotrine* Aloes thereon, then lay it all over the Stomach of the Child warm: The like Plaister is to be laid on the Child's Navel at the same time; if you have no Honey, mix the Juice of Plantain, and spread it on the Leather.

Dr. Foster's Infusion purging Choler.

TAKE of Damask-Roses two ounces, of Rhubarb two drams and a half; of Spikenard one scruple; of Orcin one Scruple; cut all small, and let them infuse in a quart of clarified Whey all Night: In the Morning, strain the Liquor gently, and put to it one ounce of Syrup of Roses. or Syrup of Violets.

Dr.

Dr. Foster's Infusion purging Melancholy.

TAKE Fumitory, *Epithymum*, flowers or leaves, Borage and Bugloss, of each a good half handful, Polypody of the Oak one ounce, *Sena* half an ounce, Fennel-seeds two drams; Whey three pints: Let them infuse and boil to a quart, whereto add two ounces of Syrup of Roses solutive; the Dose is half a Pound, you may quicken a Draught with a dram of Electuary of Roses.

An opening purging Julep, and cooling for Choler and hot Humours.

TAKE of Barley, two little handfuls; Savoury with the Roots; Maiden-hair, Liver-wort, Sorrel, of each half a good handful; Grass-roots and Fennel, of each half an ounce; the four cold Seeds, of each two drams: Boil them in a sufficient quantity of Succory-water to sixteen ounces; in which infuse half an ounce of *Sena*; Tamarinds and Polypody, of each three drams; Jalap and Hermodactils, of each two Drams; Fennel-seeds, Anis-seeds and Liquorish, of each one dram; of Currans bruised, half an ounce; Borage, Bugloss, and Rosemary-flowers, of each one dram: Let these infuse warm, and afterwards boil them, till five ounces of the Succory-water are consumed; then strain it, and add the expression of four Scruples of Rhubarb infused in three ounces of Manna; also Syrup of Roses, one ounce; of the Crystals of Tartar, one dram; let all be well mingled together: The Dose is four or five ounces every Morning.

Dr. More's Powder, or grossly-prepared Drug, to be taken in the Morning, and after Meals, to help Concoction, comfort the Brain, break Wind, and make the Breath sweet.

TAKE Liquorish cut small, Anis-seed-Comfits with one Skin of Sugar, of each two ounces; Sweet Fennel-seed-Comfits, with one Skin of Sugar; Corianders prepared and Caraway-seeds, of each one ounce; white Ginger, Cinnamon, *Calamus Aromaticus*, and Nutmegs, of each one ounce, cut very small; the Lozenges of *Aromaticum Rosarum*, *Manus Christi*, with Oil of Cinnamon, Cloves, and Lozenges of *Diambra* cut into small Pieces, of each half an ounce: About a spoonful of this Compound is to be taken at a time, in the above-specify'd manner.

Lucatello's Balsam, admirable for all Wounds.

TAKE Venice-Turpentine, one pound; Oil-olive, three pints; Sack, six Spoonfuls; yellow Wax, one pound; natural Balsam, half an ounce; Oil of St. John's-wort, red Sanders powder'd, of each one ounce: Wash the Turpentine three times in red Rose-water; then slice the Wax thin, and set it on the Fire in a large Skillet; when it is thoroughly melted, put the Turpentine thereto, and stir them well together, till they boil a little: That done, take the Skillet off the Fire, and let it cool till the next Day; then cut your Compound into thick slices, pour all the Water out of it, and set it on the Fire again: As soon as it is dissolved, stir it well, put into it the aforesaid Oils, Sack, Balsam, and Sanders, and stir them well together till they incorporate; afterwards let the

the whole Mass boil again for a short space ; take it off the Fire, stir it well for the space of two hours, that it may become thick ; and when it is cold, put it up in several Gally-pots : Apply this Balsam on Tents to a deep and hollow Wound ; if it be only a slight Cut, anoint the Sore with it, and bind it fast on with a Cloth.

A Purge by Dr. Mayhern.

TAke of the best *Sena*, six Drams ; *Rhubarb*, two drams ; *Cream of Tartar*, half a dram ; of sweet *Fennel seeds*, as much, and a little *Cinnamon* : Let all these infuse one Night in half a pint of *White-wine* : In the Morning, let them have a walm or two, strain the *Liquor*, and slip in an ounce of the best *Manna* ; dissolve it over the Fire, strain your *Liquor* again, and put into it an ounce of *Salatine*, with *Syrup of Roses* : Take this *Potion*, abstain from Meat, Drink and Sleep for two hours after, and then drink nothing but thin Broth.

An approved Medicine to beautify the Face, or to take away Pimples or Heat in the Face.

TAke an earthen Pipkin, and put into it a Pot-
tle of clear running Water, with an ounce of
white Mercury beaten to powder ; set it on the
Fire, and let it boil till one half be consumed ;
keep it close covered, except when you stir it ;
then take the whites of six new-laid Eggs beaten
half an hour or more, and slip them into the Li-
quor, after it is taken from the Fire : You must
also put in the Juice of Lemmons, being very
good, half a pint of New-Milk, and a quarter of

a pound of bitter Almonds blanched and beaten, with half a pint of Damask Rose-water; strain all together through a Strainer, and let it stand three Weeks before you use it, and I will warrant you fair.

An excellent Water for the Eyes that are red or full of Rheum.

TAKE young Hassle-nuts when they are so soft that you may thrust a Pin through them; distill them in a Rose-still, Husks, Shells and all, and with the Water wash your Eyes.

To make Oil of Swallows.

LET ten or twelve Swallows at the least be put quick into a Mortar, with Lavender-cotton, Spike, Knor-grass, Rib-wort, Balm, Valerian, Rosemary-tops, Wood-bind-tops, Strings of Vines, French Mallows, the tops of Ale-hoof, Strawberry-strings, Tutsan, Plantain, Walnut-leaves, tops of young Bays, Hyssop, Violet-leaves, Sage of Virtue, fine Roman Wormwood, Brook-lime, Smal-lage, Mother of Thyme, of each a handful, two of Camomile, and two of red Roses: Beat all these together, and add thereto a quart of Neats-foot-Oil, or May-Butter; with one or two ounces of Cloves; then put them into an earthen Pot, stop it very close with a piece of Dough, so as no Air can come forth, and let it stand nine Days in a Cellar. Afterwards take out the whole Mass, and boil it six or eight hours on the Fire, or else in Pan of Water; but first open your Pot, put in half a pound of Wax, white or yellow, which you

which you please, and a pint of Sallet-Oil, and strain all through a Canvas-Cloth.

To make a Lead-Plaister.

TAKE two pounds and four ounces of the best and greenest Sallet-Oil, with a pound of good red Lead, and a pound of white Lead, both beaten to Powder, and twelve ounces of Castle-Soap: Let all these be incorporated together in a well-glazed and great earthen Pot, that the Soap may come upwards; set it over a gentle Fire of Coals the space of an hour and a half, continually stirring it with an Iron-Ball or round Pummel upon a Stick: Then make your Fire somewhat bigger, till your Liquor turns to the Colour of Oil; that done, drop a little on a Board, and if it cleave neither to your Finger nor the Board, it is enough: Let not your Sear-cloaths be coarse, but of new Holland, and when you have dipped them, rub them with a Slick-stone: this Plaister will last two Years, and the older the better, as long as it will stick it is good.

The Virtues of the Leaden Plaister.

If it be laid to the Stomach, it provokes Appetite, and takes away any Stoppage in the same.

2. If laid to the Belly, it is a present Remedy for the Gripes.

3. If laid to the Reins of the Back, it cures the Bloody Flux, the Running of the Reins, heat the Liver, or Weakness of the Back.

4. It heals all Bruises and Swellings; it takes away Aches, it breaks Felons, Pusshes, and other Impostumes, and heals them.

5. It draws out any running Humour, without breaking the Skin, and being apply'd to the Fundament, it heals any Disease incident thereto.

6. The same laid to the Head, is good for the Eyes.

7. The same laid to the Belly of a Woman, provokes the Terms, and promotes Conception.

For the Stone and Gravel.

Let the Roots of Red Nettles be dried and rubbed to Powder: Take a Spoonful thereof in a draught of White-wine somewhat warm, and it will break the Stone with speed; use it every Day till the Stone and Gravel be all broken and consumed: A thing of small Price, and great Virtue.

A Drink to purge the Body, being very good for those that have the Scurvey, or are inclined to it.

Take a pottle of clear Running-Water, and a pint of *Rhenish* Wine for a young Person; or a quart for one advanced in Years: Set it on the Fire; put into it three or four Slices of Horseradish, a great handful of Water-creffes and a handful of Brook-lime, both a little bruised; slice in two or three Oranges, outsidés and insides; let all boil together half an hour: Then having at hand, a greater quantity of Scurvy-grass bruised, or a pint of the Juice of Scurvy-grass ready strained; put it into the Liquor, and set it over the Fire again, till a Curd arises; which being taken off, put into the Drink when it is cold, three

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or four Lemmons ; and sweeten it with Sugar ; Take a Wine-Draught thereof in the Morning, and at four a Clock in the Afternoon ; then walk and use some Exercise after it. The Party that has the Scurvey, and whose Legs are much swelled ; may put into the Drink some Juniper-berries bruised, half an ounce or thereabout.

An admirable Water for sore Eyes.

TAKE *Lapis Tutia*, *Aloes Hepatica*, fine Loaf-Sugar, of each three drams ; beat them very small, and put them into a Glass with red Rose-water and White-wine, of each one pint. Set the Glass in the Sun in *July*, for the whole Month, shaking it twice a Day : Then the Water may be us'd after the following manner ; viz. let one drop thereof be put into the Eye at Night when the Party is in Bed, and one drop in the Morning an Hour before he rises, continuing the use of it, till the Eyes are well. The older the Water, the better it is.

A Snail-Water for weak Children and ancient Persons.

HAVING provided a pottle of Snails, wash them well in two or three Waters, and afterwards in small Beer : Then beat them in a Mortar, Shells and all, and put them into a gallon of red Cow's Milk, red Rose-Leaves dry'd, the Whites being cut off, Rosemary and Sweet Marjoram, of each one handful : Distil them in a cold Still, and let the Water drop upon powder'd White Sugar-candy in the Receiver ; drink of it first in the Morning, at four a Clock in the Afternoon, and last at Night, a Wine-Glass full at a Time.

Dr. Bates's Medicine against a Consumption.

TAKE Liver-wort two handfuls, Succory fix; Endive, Borage, Colts-foot, of each fix handfuls; shred these fine, put them into a gallon of new Milk, and let them steep all Night: In the Morning, distill them in a Glass-still; then take three spoonfuls of red Rose-water, three spoonfuls of this water, with half a pint of red Cows-Milk and as much Sugar of Roses as will sweeten it.

To make Gascoin-Powder.

TAKE the black tips of Crabs-claws, got when the Sun is in *Cancer*, pick out from within them all the Fish; and beat it to as fine a Powder as you can, which is to be sifted through a very fine Sieve: Take an ounce of this Powder, and put to it half an ounce of the Magistery of Pearl, and as much of the Magistery of Coral: mix them well together: Then pour a little Rose-water into a Glass, in which you must hang a little Saffron in a Bag, and a little Musk and Amber-greece in another; let them thus steep in Rose-water two or three days, till the virtue of them be gone into the Water: Afterwards, put your Powder either into a Silver-Porringer, or a white Earthen one, with as much of the Rose-water as will moisten it; then dry it in the Porringer by a gentle Fire, and so wet your Powder three or four times, and as often dry it; that done, make a Jelly as follows:

Take Vipers alive in *May* or *June*, cut off their Heads and Tails, pull off their Skin, and with a clean Cleath rub them dry, in order to be hang

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ed up ; let two of these be sliced small with a little Harts-horn, and make a Jelly of them. When your Powder is dry, wet it three or four times with this Jelly, and as often dry it, and at last put no more Jelly than will just moisten the Powder : Afterwards, make it up in Balls of what Size you please ; dry them in a Stove, and so keep them all the Year.

Take of this Powder twelve or fourteen grains, either dry or in a spoonful of small Beer, in which there is a little Syrup of Clove-gilliflowers.

Certain Plaisters and their Uses.

1. *Emplast. Deminum* two pounds ; it is good for all kinds of Bruises, Boils, or old Sores, &c.

2. *Emplast. Mellilot.* two pounds ; it is good for all sorts of green Wounds, Bruises, or Swellings, or to breed Flesh when wanting.

3. *Diapalma* two pounds ; it is a very fine drying Plaister, and a good Defensative to secure Wounds from Inflammation, &c.

4. *Oxyroceum* four ounces ; it is an extraordinary good warming Plaister for broken Bones, or any Distemper proceeding from Cold, &c.

Certain Ointments and their Use.

1. *Unguentum Dialthææ*, one half pound ; it is good to assuage Pain, to dissolve Swelling or Hardness.

2. *Unguentum Populeum* ; it is a good cooling Ointment for Fire, or any great Inflammation or Burn.

3. *Unguentum Album* six ounces ; a fine cooling skinning Ointment to mix with others, &c.

4. *Unguentum Nervinum* four ounces ; it is good for all cold Diseases of the Sinews or Joints.

5. *Unguentum Tutia* two ounces ; good for wat'ring or sore Eyes.

6. *Unguentum Basilicon* seven ounces ; good to fill up hollow Ulcers with Flesh, and applying the same as a Plaister on the top of it.

7. Balsam two ounces ; good for all sorts of green Wounds, being put in warm.

A Receipt of the Oil of St. John's-wort.

TAKE a quart of the best White-wine, infuse therein pickt Flowers of Saint *John's-wort* ; then stow those Flowers very dry, and put more into the same Wine ; infuse them again, till the Wine be very strong and red-coloured : That done, strain out the Wine clear from the Flowers ; put thereto a pint of the best Sallet-Oil, a quarter of an ounce of Cinnamon bruised, a quarter of Cloves bruised, one race of very good Ginger sliced, and one good handful of the yellow Flowers of Saint *John's-wort* pickt very clean : Boil all these on a very gentle Fire, till the Wine be quite evaporated ; when it is almost boiled, add one good Spoonful of pure Oil of Turpentine ; let that boil in it a little, and so keep it for Use, the older the better.

*A Receipt for an extraordinary wasting of the Back
and for the Stone and Strangury, used by Justice
Hutton.*

LEt a quantity of Plantain and Rib-wort, be distilled in an ordinary Rose-still: When you have occasion to use it, roast some Pippins, take away the Skin and Core, and put them into the said Plantain-Water, making thereof a kind of Lambs-wooll, as thick as you please; sweeten it with Loaf-Sugar, the sweeter the better: Take thereof half a pint when you go to Bed, and this do nine, or ten Nights together, especially when you feel an heat in the Back.

For the Teeth.

IF you would keep your Teeth from rotting, or aching, wash your Mouth continually every Morning with Juice of Lemmons; afterwards rub your Teeth with a Sage-Leaf, and wash them after Meat with fair Water.

To cure the Tooth-Ach.

TAke Mastick and chew it in your Mouth till it is soft as Wax, then stop your Teeth with it, if hollow; let it remain there till it is consumed, and it will certainly cure you.

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The E N D.

A
 QUEEN'S DELIGHT:
 OR, A
 SYSTEM
 OF THE
Confectionary ART.

SHEWING

How to preserve all Sorts of FRUIT,
 both Liquid and Dry, according to the
 best Methods now in use ; as also how
 to make

Clear-Cakes,

Jellies,

Compotes,

Conserves,

Candy'd Confits,

Marmalets,

Quiddanies,

Pastes,

Pastils,

Sugar-works,

Biscotins,

Biskets,

March-panes,

Macaroons,

Wafers,

Liquors of several sorts,

Distilled Waters,

Essences,

Perfumes,

Syrups, &c.

L O N D O N :

Printed for J. Phillips, H. Rhodes, and
 J. Taylor, 1710.

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SYSTEM

OF THE

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A
Queen's Delight :

O R, A
SYSTEM of the Confectionary
A R T, &c.

To clarify Sugar after the best manner.

HAVING at first provided an Earthen Pan of a convenient Size, with Water ; break an Egg or more into it with the Shell, according to the quantity of your Sugar : That done, let all be whipt together with a Whisk or birchen Rods, and pour'd upon the Sugar that is to be melted. Afterwards, set it over the Fire, stir it about continually, and as soon as it boils, let the Scum be carefully taken off : As the Sugar rises, from time to time, slip in a little cold Water, to prevent its running over, and to raise the Scum ; adding also the Froth of the White of an Egg, whipt a-part. When after the Liquor has been thoroughly scumm'd, there only remains a small whitish Froth, not black and foul as before ; and when the Sugar being laid on the Surface of the Spatula or Skimmer appears very clear ; take it off from the Fire, and pass it thro' the Straining-bag ;

bag ; by which means the Clarification will be absolutely completed.

Another Method for the clarifying of Sugar.

PRivate Persons, who in preserving Fruits, only have occasion to use four or five Pounds of Sugar at once, may clarify it without any loss, in the following manner. The Sugar is to be first dissolv'd in Water. and set over the Fire, with the White of a whipt Egg, pouring in, as soon as it swells up, ready to run over, a little cold Water to give it a check : But when it rises a second time, it must be remov'd from the Fire, and set by for a quarter of an Hour ; during which space, it will sink, a black Scum only settling on the top ; which you must gently take off with the Skimmer, and it will be sufficiently clarify'd ; though not altogether so clear, nor so white as the former.

An Account of the different Ways of boiling Sugar.

THE common People generally judge Sugar to be boil'd enough, when some drops of it put upon a Plate grow thick or ropy, and cease to run any longer : Indeed, this way of Boiling is proper for certain Jellies, and compotes of Fruit ; but little Progress would be made in the Confectionary Business, if nothing else were known : Therefore it is absolutely necessary to understand all the different Degrees of boiling Sugar hereafter specify'd ; as also, that the Reader readily apprehend the meaning of several Terms of Art made use of to express them, in this Tract.

These Boilings are perform'd by degrees, and the following Denominations are appropriated thereto ;

thereto ; that is to say, Sugar may be boil'd till it becomes *Smooth, Pearled, Blown, Feathered, Crackt* and *Caramel*. These six Degrees are also subdivided with respect to their particular Qualities ; as the lesser and the greater Smooth, the lesser and greater Pearled, Feathered a little and a great deal, and so of the rest.

The Boiling of sugar call'd Smooth.

THE Clarify'd Sugar set over the Fire to boil, has attain'd to this degree, when the Artist having dipt the tip of his Fore-finger into it ; afterwards applying it to his Thumb, and opening them a little ; a small Thread or String sticks to both, which immediately breaks and remains in a drop upon the Finger : When this String is almost imperceptible ; the Sugar has only boil'd, till it becomes a little smooth ; and when it extends it self farther, before it breaks ; 'tis a sign that the Sugar is very smooth.

The Pearled Boiling.

THE Sugar having boil'd a little longer, let the same Experiment be reiterated, and if in separating your Fingers, as before, the String continues sticking to both, the Sugar is come to its Pearled Quality : The greater Pearled Boiling is, when the String continues in like manner, altho the Fingers were quite stretch'd out, by entirely spreading the Hand. This Degree of Boiling may also be known by a kind of round Pearls that arise on the top of the Liquor.

The

The Blown Boiling.

WHEN the Sugar has had a few more Walms, shake the Skimmer a little with your Hand, beating the side of the Pan, and blow thro' the holes of it from one side to the other; so that if certain Sparks as it were, or small Bubbles fly out, the Sugar has attain'd to the Degree of Boiling termed *Blown*.

The Feather'd Boiling.

WHEN after some other Seethings, the Artift blows through the Skimmer, or shakes the *spatula* with a back stroke, till thicker and larger Bubbles rise up on high, then the Sugar is become *Feathered*: And when after frequent Tryals, these Bubbles appear thicker and in a greater quantity, so that several of them stick together, and form as it were a Flying-Flake; then the Sugar is said *To be greatly Feather'd*.

The Crack'd Boiling.

TO know whether the Sugar has attain'd to this Degree, you are to dip the tip of your Finger into cold Water, set by in a Pot or Pan for that purpose; then having dextrously run it into the boiling Sugar, dip it again into that Water: Thus keeping your Finger in the Water, rub off the Sugar with the other two; and if it break afterwards, with a kind of crackling Noise, it is come to the point of Boiling call'd *Crack'd*.

The Caramel-Boiling.

IF some Sugar reduc'd to the Condition express'd in the preceeding Article, were put between the Teeth, it would stick to them, as it were Glue or Pitch; but when 'tis brought to its utmost *Caramel*-height, it breaks and cracks, without sticking in the least. Therefore care must be taken to observe every moment, when it is boil'd to this last Degree; putting the Directions just before given, into Practice, to discover when it is Crack'd, and afterwards biting the Sugar so order'd with your Teeth, to try whether it will stick to them. As soon as you perceive that it does not; but on the contrary cracks and breaks cleaver, remove it forthwith from the Fire, otherwise it will burn, and be no longer good for any manner of Use. However, as to the other well-condition'd Boilings, if after having preserv'd any Sweet-meats, some Sugar be still left, that is Crack'd for Instance, or Feathered, and which cannot be us'd again in that Condition, 'tis only requisite to put as much Water thereto as is needful to boil it over again, and then it may be brought to any Degree whatsoever, and even mingled with any other Sort of Sugar or Syrup. This last *Caramel*-boiling is proper for Barley-Sugar, and for a certain small Sugar-work, bearing that Name, which shall be hereafter particularly describ'd. The Pearled Boiling is generally us'd for all sorts of Confits that are to be kept for a considerable time. The use of the other Ways of Boiling, shall be shewn in treating of the several sorts of Sweet-Meats, to which they are appropriated.

Notes

Note, Sometimes Fruit may be preserv'd with thin Sugar; that is to say, when two Ladles full of clarify'd Sugar are put to one of Water; four to two, six to three, and so on proportionably to the Quantity of the Fruits which are to be well soak'd therein: To that purpose, you must heat the Sugar and Water together, somewhat more than luke-warm, in order to be pour'd upon them

The ART of Preserving Several Sorts of FRUIT.

To preserve Pear-Plums, white or green.

TAKE the Plums, cut their Stalks off, and wipe them: Then adding an equal Weight of Sugar, put them into a Copper-pan; let them stand in it, and stew, being close cover'd, till they become tender, but they must not boil. When they are soft, lay them in a Dish, strew them with Sugar, and cover them with a Cloth, to be set by all Night: The next Day, slip them again into the Pan, and let them boil a-pace, taking care that they be well scummed; when your Plums look clear, the Syrup will turn to Jelly, and they are enough: If the Plums are ripe, peel off the Skins before you put them into the Pan; by which means they'll be the better and clearer a great deal to dry, in case you would have them White. Otherwise for the Green Colour, let them be done with the Rinds.

Red Plums.

When these sorts of Plums are provided, such as Imperial or Apricock-Plums, Bell-plums, and Orange-plums, &c. Let them be slit as it were Apricocks and stoned: Then for four pounds of fruit, take the same quantity of Sugar pass'd thro' the Straining-bag; put all together into a Copper-pan over the Fire, and stir them continually, lest the Skins of the Plums should break; let them simmer for a while, and then set them by to cool. Afterwards, they are to be drain'd on a Tullender or Sieve, while the Syrup is boil'd smooth; slip your Fruit into the same Syrup, and give them seven or eight Cover'd Boilings; carefully taking off the Scum from time to time, even when the Pan is removed from the Fire. Lastly, the Plums being put into earthen Pans, must continue in the Stove all Night; so that the next Morning, you may drain them as soon as they are cool'd, and dress them in order to be dry'd in the Stove upon Sieves or Slates.

Plums preserved with half Sugar, and otherwise.

Et four pounds of Fruit be boil'd a little in the like quantity of Sugar, brought to the second degree of Boiling called *Pearled*, and then set by till they have cast their Juice: Some time after, put them over the Fire again, and boil them till the Syrup become *Pearled*: But they must lie in the Stove till the next Day; when they are to be drain'd, strewed with Sugar, and dried in the Stove by the same Method may be us'd in preserving all

H

sorts

sorts of good Plums, and they may also be par'd, when scalded in Water.

To preserve Apricocks.

TAKE Apricocks that are moderately ripe, pare and stone them; let them also lie a whole Night in the Preserving-pan, among Sugar laid in Lays: The next Morning, put in a small quantity of fair Water, or White-wine, and set them on Embers; so as the Sugar may be melted by Degrees. When your Apricocks are scalded a little, take them off, and let them cool; that done, set them on again, and boil them till they are tender and well-coloured.

Pared Apricocks preserved another way.

AFter having neatly par'd and ston'd your Apricocks, flitting them on one side; let them be scalded in Water almost boiling-hot: When they are all equally entire and soft, they are to be put into clarify'd Sugar, and boil'd till no Scum or Froth arises any longer, which must be always carefully taken off: The next Day, they are to be drain'd, while the Syrup is boil'd till it has attained to its *Smooth* Quality, augmenting it with Sugar: Then turn the Apricocks into the Pan, and having given them a Boiling, let them be set by. On the Day following, drain them, and let the Syrup be boil'd till it comes to the Second Degree call'd *Pearled*: Afterwards, slip them into the Pan again, adding some Sugar likewise Pearled, and give them a Cover'd Boiling, in order to be served the Stove till the next Morning: When they are to be taken out, and put into Pots; so as they may be eaten in the same Condition, or dried at Pleasure.

Apricocks in Ears.

APricocks that have been ordered after this, or any other manner, may be dress'd in Ears; to which purpose it is only requisite to turn one of the Halves, without loosening it altogether from the other; or to join the two Halves together, so as they may mutually touch one another at both ends, one on one side, and the other on the other.

Apricocks 'preserved dry.

TO dry your Apricocks at all times, set a Copper-pan with Water over the Fire, and the Pot or earthen Pan containing the Fruit, in the middle of the same Pan. After the Water has boil'd half an Hour, the Apricocks will be heated, and you'll have the Liberty to take them out to be drain'd: Then they may be dress'd upon the Slates or Boards, in order to be set into the Stove, after they have been strew'd with Sugar.

To preserve Cherries Liquid.

After having cut off, part of their Stalks, slip them into a Pan of Sugar, boiled to the third Degree, called *Blown*, where they ought to have ten or twelve Cover'd Boilings, before they are set by. The next Day, they are to be drained, and put into Sugar again, boil'd till it become *Pearled*. Then add some Syrup of Currans of the same Quality, to give them a finer Colour, and put them into Pots, to be kept for use.

Cherries preserv'd dry with Strawberries.

TAKE Cherries preserv'd dry, out of which the Stones have been already pick'd, and put in their Room as many Strawberries likewise preserv'd dry : That done, let all be dry'd in the Stove ; after they have been strew'd with Sugar, as well in the dressing as the turning of them.

Cherries in Ears.

CHERRIES may be also dress'd in Ears, after the following manner ; which is to open and spread them, joining two together, so as their Skins may remain on the outside, and the Pulp on the inside : Then another Cherry of the same Nature is to be added on each side, the Pulp of which is to be laid upon the Skin of the others.

Cherries booted after the Royal manner.

TAKE *Kentish* Cherries, or others with short Stalks, and put them into Sugar boil'd to the second Degree, call'd *Pearled*. Before they are set into the Stove to dry ; other Cherries preserv'd in Ears are also provided, which must be laid upon them cross-wise, to the number of three, four, or six, and afterwards set into the Stove. These are commonly called *Booted Cherries*.

To preserve red Currans Liquid.

YOUR Currans being pickt, let them be put into Pearled Sugar, and have a light Cover'd Boiling ; then they are to be scumm'd, and the next Day strain'd through a Sieve, while the Syrup is boiled to a Degree between Smooth and Pearled :
Afterwards,

Afterwards slip in the Fruit, and add as much other Pearled Sugar, as is requisite to soak them : They ought also to have several Cover'd Boilings, between *Smooth* and *Pearled*, carefully taking off the Scum, and stirring them till they are cool'd a little, to prevent their turning to a Jelly.

Currans preserved in Bunches.

TAKE a convenient quantity of Currans tied up in Bunches, and bring your Sugar to the fourth degree of Boiling, called *Feathered*; then set them in order in the Sugar, and let them have several Cover'd Boilings: They are to be speedily scumm'd, and not suffer'd to have above two or three Seethings; that done, let them be scummed again, and set into the Stove in the Copper-pan. The next Day being cool'd, drain them and dress them in Bunches, in order to be well strew'd with Sugar, and dry'd in the Stove.

To preserve Rasberries Liquid.

LET four pounds of good Rasberries be pickt, and put into three pounds of Pearled Sugar; give them a small Boiling lightly cover'd, and stir them from time to time. Then they are to be cool'd, drain'd and dry'd as Cherries, and the quantity of Pearled Sugar augmented, to the end that there may be enough for the due soaking of the Fruit.

Rasberries preserved dry.

TAKE Rasberries that are not too ripe, pick them, and put them into Sugar, that has attain'd to its *Blown* Quality, in order to have a Cover'd Boiling: Afterwards, being removed from

the Fire, they are to be scumm'd, and slip into an earthen Pan, to continue in the Stove twenty four Hours, allowing as great a quantity of Sugar as of Fruit. As soon as they are cool'd, let them be drained from their Syrup, and dressed as other Sweet-meats, before they are strewed and dried after the usual manner.

To preserve Barberries.

LET the fairest Bunches be gathered in a dry Day, and boiled in a Pottle of Claret till they are soft: After having strained them, add six pounds of Sugar, with a quart of Water, and boil them up to a Syrup: Then put your scalded Barberries into the Liquor, and they'll keep all the Year round.

To preserve Mulberries Liquid.

LET two quarts of Mulberry-juice be strained, adding thereto a pound and a half of Sugar; boil them together over a gentle Fire, till they turn to a kind of Syrup: Then slip into your Pan, three quarts of Mulberries, that are not over-ripe, and after they have had one Boil, pour all into an earthen Vessel, in order to be stopt close, and kept for Use.

Another way of preserving Mulberries Wet.

BOIL your Sugar till it is a little Pearled, allowing three Pounds of it for four Pounds of Mulberries, and give them a light Cover'd Boiling in the same Sugar, gently stirring the Pan, by means of the Handles. That done, remove it from the Fire, and set it by till the next Day, when you are to drain off the Syrup, in order to bring it to
its

its Pearled Quality. Afterwards slip in your Fruit, adding a little more Pearled Sugar, if it be requisite, and dispose of all in Pots as soon as they are sufficiently cool'd.

Mulberries preserved dry.

Let such Mulberries be pick'd as are not too ripe, but rather somewhat greenish and tart. In the mean while, having provided as much Sugar as Fruit, let it be clarify'd with the Juice of Mulberries, and brought to the third degree of Boiling call'd *Blown*; then throw in your Mulberries, and give them a Cover'd Boiling; afterwards removing the Pan from the Fire, take off the Scum, and leave all in the Stove till the next Day. As soon as they are taken out and cool'd, drain them from their Syrup, and dress them upon Slates, to the end that they may be dry'd in the Stove, strew'd with Sugar, as the other sorts of Fruit: Lastly, they must be turn'd again upon Sieves, and when thoroughly dry, lock'd up in Boxes for use, as occasion may serve.

To preserve green Gooseberries Liquid.

Slit your Gooseberries on one side, with a Pen-knife, and take out all the small Grains that are on the inside; then put them into very clear Water set over a gentle Fire. As soon as they rise on the top of the Water, they are to be removed, and set by in the same Liquor: When they are cool'd, let them be put into other fresh Water over a moderate Fire, till they recover their green Colour, and become very soft: Afterwards, being cool'd again in fair Water, they are to be

well drain'd and put into Sugar pass'd thro' the Straining-bagg. At that very Instant, give them fourteen or fifteen Boilings, to the end, that they may thoroughly imbibe the Sugar, and stand by till the next Day : Then having drain'd them, slip them into the Syrup boil'd to the Pearled Degree, and let them have four or five Cover'd Boilings; which will bring the whole Work to Perfection.

To preserve green Walnuts.

LET your Walnuts be gather'd in fair Weather, before the Shell grows hard : After having boil'd them in Water, to take away their Bitterness, put them into other cold Water, peel off their Rind, and lay them in your Pan, with a layer of Sugar to the weight of the Nuts, and as much Water as will wet it. When they are boil'd up over a moderate Fire, and cool'd ; do the same thing a second time, and set all by for Use.

To preserve Medlars.

SCALD your Fruit in fair Water, till the Skin may be easily peel'd off : Then stone them at the Head, adding to every Pound the like weight of Sugar, and let them boil till the Liquor become ropy ; at that Instant, remove them from the Fire, and set them by for Use.

To preserve green Pippins.

LET the greenest Pippins gather'd in fair Weather, before they are too ripe ; be par'd and boil'd in Water, till they are very soft : Then cut out the Cores, and mix the Pulp with the Liquor, allowing ten Pippins, and two pounds of Sugar to
a pottle

A QUEEN'S Delight. 153

a pottle thereof : When it is come to a due Consistence ; put in the Fruit you would have preserved, and let them boil till they have a greener Colour than natural.

Green Apples preserved after another manner.

TAKE any kind of sweet and small Apples ; which are to be par'd, leaving the Stalks, and slit a little, for the better soaking in of the Sugar : That done, throw them into Water, that they may be cleans'd and scalded ; when cool'd, let them be brought again to a green Colour, in the same or other fresh Water : As soon as they are become very soft ; let them be cool'd again, drain'd, and put into clarify'd Sugar, in order to have some Boilings. The next Day, the Syrup is to be boil'd Smooth, at another time, between Smooth and Pearled, and at last very much Pearled ; at which Instant, the Fruit is to be slipped in, that all may simmer together for some time. The next Morning, give your Apples a Cover'd Boiling before they are taken off from the Fire, to be disposed of in Pots or Glasses, or else to be cool'd and drain'd for drying in the Stove.

To preserve Pears.

HAVING provided Pears that are sound, and not over-ripe, set several rows of them in order at the bottom of an earthen Pan, and cover them with Vine-leaves ; put another layer of Pears upon them, and so do till the Pot is full : Then to each Pound of Pears, add half a pound of Sugar, and as much fair Water as will dissolve it over a gentle Fire : Let them boil till they are somewhat soft, and afterwards set them by for Use.

Pears preserved in Quarters and otherwise.

BESIDES several sorts of Pears, which may be preserved whole and dry; there are others of a larger Size, which can only be so order'd in quarters as to be kept liquid. If you are desirous to preserve pretty big Pears altogether entire; their Core, with some of the Pulp in the middle, is to be neatly scooped out, as it were that of an Orange: They are brought to Perfection, by boiling them several times in Sugar, and may also be dried.

To preserve Muscadine-Grapes liquid.

TAKE such Muscadine-Grapes as are only half-ripe, or even somewhat greenish and tart; pare them if you please, and pick out the Stones, after they have been slit on one side, or else they may be left entire. That done, throw your Fruit into Sugar boil'd Smooth, and let all simmer a little while, leaving them in the same Condition till next Day. As soon as the Sugar is sufficiently soak'd in, the Work may be compleated, by causing the Syrup to be Pearled, and slipping in the Grapes, that they may have some Cover'd Boilings; taking off the Scum from time to time: Then they are to be neatly put into Pots or Glasses, and cover'd when cool'd.

Muscadine-Grapes preserved dry.

BOIL your Sugar till it become Feathered, and let the Grapes be thrown into it, after having raken off the Pan from the Fire: Then set it on again, and give your Fruit a Cover'd Boiling, raking off the Scum as before. Afterwards, the Syrup being only brought again to its Pearled

Quality,

Quality, the Pan is to be removed and set by to cool ; so as the Grapes may be conveniently drain'd and dress'd, in order to be dry'd in the Stove.

To preserve Quinces Liquid.

HAVING provided the soundest, yellowest and ripest Quinces, let them be cut into quarters, clear'd from the Cores and par'd : Boil all together in a sufficient quantity of Water ; and as soon as they are become very soft, remove the Pan from the Fire : Then taking up the pieces that are to be preserv'd, with the Skimmer, put them into fresh Water to cool, and set the rest over the Fire again, that they may have twenty other Boilings : Afterwards, this Decoction being pass'd thro' the Straining-bag, take two Ladles full of it, with one of clarify'd Sugar, proportionably to the quantity of your Fruit, and turn all into a Copper-pan, with Quinces, in order to boil over a gentle Fire. Some Sugar must also be added, accordingly as the first Syrup consumes away, without pouring in any more Decoction ; and the whole Mefs is to be well boil'd, till the Syrup becomes Pearled. That done, let it be cool'd, and dress your Quinces in Pots, Glasses, or Boxes ; pouring the Syrup upon them, which will be very fine, and of a lively red Colour, if the Pan were cover'd in the Boiling.

To preserve Sevil-Oranges in Quarters, or in Sticks.

THE Oranges are first to be turn'd or else zested, according as the Design is either to preserve them in Zests or Chips, or to make Faggots. Turning, in this Sense, is a Term of Art, which denotes

notes a particular manner of paring Oranges and Lemmons, when the outward Rind or Peel, is par'd off very thin and narrow, with a little Knife proper for that purpose, winding it round about the Fruit, so as the Peel may be extended to a very great length without breaking. To *Zest*, is, to cut the Peel from top to bottom into small Slips, as thin as it can possibly be done. The Oranges being thus prepared, may be cut into Quarters or into Sticks, at pleasure, but the Skin in the inside and the Juice must be taken away: Then let them be thrown into Water set over the Fire, as soon as it begins to boil; and when they are done enough, (which may be perceived by their slipping off from the Pin) they are to be cool'd and put into fresh Water, as also afterwards into clarify'd Sugar; so as to have seven or eight Cover'd Boilings, before you set them by to cool. They must likewise be boil'd over again, till the Syrup becomes almost Smooth, and drain'd the next day, in order to be put into Pots, while the Syrup is made Pearled; which being pour'd upon your Oranges, they may be kept in that Condition, till it shall be judg'd expedient to dry them.

Sevil-Oranges preserved entire.

AS you Turn or Zest your Fruit, throw them into fair Water, and afterwards scald them, till they become very soft, and slip off from the Pin: Then they are to be cool'd and scoop'd with a little Spoon made for that Purpose, at a small Hole bor'd in the middle, where the Stalk grew: They are usually put into Sugar, and dry'd after the same manner as Quinces and Sticks of Oranges.

Faggots

Faggots of Oranges.

THIS Term is usually appropriated to Orange-peels, when turn'd or par'd very thin, and extended to a great length; which are often preserv'd, especially those of sweet Oranges, after the following manner, *viz.* These Faggots are to be first scalded in Water over the Fire, till they become very soft, and put into clarify'd Sugar, allowing them twenty Boilings. The next Morning, the Syrup must be made Smooth, and the Orange-parings put into it, that they may have two or three Boilings. On the third Day, you are to drain them, and afterwards give them a Cover'd Boiling in Pearled Sugar, in order to be disposed of in Pots for use; unless you would have them dry'd at the same Instant. This may be effected, by causing other Sugar to be made white, rubbing it on one side of the Pan with the Skimmer, and boiling it to the fourth Degree, call'd Feathered; that done, slip your Faggots into it, and dress them in Rocks.

Oranges preserved in Zests.

AS your Oranges are zesting in the above-mention'd manner, throw the Zests or Chips into fair Water on one side, and the Quarters on the other, to prevent their turning black: That done, heat the Water, and put your Zests therein, to be scalded till they become very soft. Then having slip't them into fresh Water, they must be cool'd, and order'd with Thin Sugar, putting one Ladle full of Water into a Pan, for every two of clarify'd Sugar; thus all must be heated over Fire, as long as you can well endure to hold your Finger

Finger in the Liquor. In the mean time, the Orange-chips being drain'd and slipt into an earthen Pan, the hot Sugar is to be pour'd upon them, till they are thoroughly soak'd. The next Day, they are to be drain'd in a Cullander, while the Syrup is boil'd till it become a little Smooth. Afterwards, this Syrup must be pour'd again upon the Zests; as also on the third day, when you have brought it to its Pearled Quality, and augmented it with a little Sugar. On the fourth day, drain your Orange-chips again, and dry them in the Sieve on Hurdles, or upon a Grate. They must also be turn'd from time to time, till they are very dry, and at last put into Boxes.

Oranges preserv'd in small Slips.

WHen your Fruir is Zested, cut the Pulp into slips, which are to be slit again in their thickness, to render them very thin. At first, you are to scald these Orange-slips in Water over the Fire, till they become very soft. That done, they are to be thrown into clarify'd Sugar, newly pass'd thro' the Straining-bag, when it is ready to boil, in order to have twenty Boilings. The next day, having brought the Sugar to its Smooth Quality, and put your Slips into it, let them have seven or eight Boilings: On the third day, you may boil your Sugar till it be Pearled, and give them a Cover'd Boiling. Some time after, they are to be put into Pots or other Vessels, and dry'd as Occasion serves.

Note, Lemmons, Limes, Cedres and Citrons are preserv'd much after the same manner; either entire, or in Sticks, Faggots, Zests, Slips, &c.

To preserve Orange-flowers.

LEt your Flowers be throw'n into Water and Salt, and lie five Days in that Pickle: Then scald them in Water with a little Lemmon-juice, to the end that they may be put into Sugar, newly pass'd thro' the Straining-bag, and already heated. The next Morning, the Sugar is to be boil'd a little Smooth, and pour'd upon the Flowers, without setting them any longer upon the Fire. On the third Day, the Sugar is to be boil'd quite Smooth, and likewise pour'd on the same. When all have been set by, for some time, to cool, let the Flowers be drain'd and dry'd with Powder-Sugar; laying them in order upon Sieves. On the fourth day, they are to be turn'd on the other side, and strew'd with Sugar put into an Handkerchief.

To preserve Eringo-roots.

LEt two pounds of fair Roots wash'd and cleans'd, be boil'd very tender over a moderate Fire: Then peel off the outmost Rind; but take care to avoid breaking them. After they have layn a while in cold Water, slip them into your Pan of Sugar boil'd to a Syrup, allowing to every pound of Sugar, three quarters of a pound of Roots; which having boil'd gently a short time, may be set by to cool, and afterwards laid up for Use.

To Ice Almonds.

BLanch your Almonds, and put them into an Ice ready prepared with the white of an Egg, powder'd Sugar, Orange or Lemmon-flowers and Sevil-Orange: Roll them well in this Compound; so as they may be neatly iced, and afterwards dress'd

dress'd on a Sheet of Paper, in order to be bak'd in the Campagne-Oven, with a gentle Fire underneath, and on the top.

To make White Crisp Almonds.

AFTER having scalded and blanched the Almonds, throw them into Sugar boil'd to the fifth Degree, call'd *Crack'd*: That done, let all have a Walm or two together, keeping your Almonds stirr'd and turn'd, to the end that the Sugar may stick close to them.

Crisp Almonds of a gray Colour.

HAVING melted a Pound of Loaf, or Powder-Sugar, with a little Water, let a pound of Almonds be boil'd in it till they crackle: Then take off the Pan from the Fire, and stir all about incessantly with the *Spatula*. If any Sugar be left, hear it again over the Fire, that it may entirely stick to the Almonds, continuing to stir them without Intermission, till the Work be brought to Perfection.

Red Crisp Almonds.

LET your Almonds be ordered as before, only the Sugar being boiled till it become *Crack'd*, add as much prepared Cochineal, as will be requisite to give it a lively Colour, and let it boil again to cause it to return to its *Crack'd* Quality: At that very instant, toss in your Almonds, and removing the Pan from the Fire, stir them without Intermission, as at first, till they are dry. The Cochineal may be prepared, only by boiling it with Allum and Cream of Tartar; which Liqueur is generally us'd for every thing that is to be brought

to a fine red Colour, as Marmalets, Jellies, Pastes, Creams, &c.

Pistachoes in Sur-tout,

HAVING provided a convenient quantiry of Pistachoes, clear them from their Shells, and cause them to be made crisp after this manner: As soon as the Sugar has attain'd to the fourth or *Feathered* degree of Boiling, throw in your Pistachoes, and when they have continued a while in it, remove the Pan, stirring them well till they are all cover'd, but they must not be again set over the Fire. Afterwards, they are to be dipt into the white of an Egg, beat up with a Spoon, adding a little Orange-flower-Water: That done, take them out, and roll them in dry Powder-Sugar. Lastly, having laid them in order upon white Paper, bake them gently in a Campagne-Oven, with a little Fire underneath, and more on the top. When they are sufficiently baked, and brought to a good Colour, they may be taken out of the Oven, in order to be dry'd in the Stove.

To make Clear-Cakes of Plums.

TAKE any sort of Plums, and having ston'd them, slip them into a Jugg, set in a Pot of boiling Water. When they are dissolved, strain them through a fair Cloth; and to a pint of the Liquor, add a Pound of Sugar brought to a Candy-height. Let all be well incorporated, and boil a little, stirring them together. Afterwards, put your Cakes into Glasses, and set them in the Stove moderately heated, otherwise they will grow tough. Let them stand so two or three Weeks, without being cool'd, removing them from one warm

warm place to another: Turn them every Day, till they are thorough dry, and they'll be very clear.

To make a Cake or PASTE of Cherries.

STone your Cherries, and stew them in a Pan, till they have cast their Juice; that done, lay them in order in a Sieve, and let them be well drain'd; afterwards, they are to be beaten in a Mortar, and set over the Fire again, to be thoroughly dry'd. In the mean time, having allow'd a pound of Sugar for every pound of Cherry-paste, let it be brought to its Crack'd Quality, and pour'd upon the same: A little while after, your Cakes may be dress'd upon the Slates, with a Spoon, and set in the Stove.

To make clear Quince-Cakes.

LEt a pint of the Syrup of Quinces, with a quart of that of Barberries, be boil'd and clarified over a gentle Fire, taking care that it be well scummed from time to time: Then having added to the Juice, a pound and a half of Sugar, cause as much more to be brought to a Candy-height, and pour'd in hot. Let the whole Mass be continually stirr'd about, till it is almost cold; then spread it upon Plates, and cut it into Cakes of what Form or Figure you shall think fit.

JELLIES of FRUIT.

Jelly of Currans.

TAke six pounds of Currans, and cause the like quantity of Sugar to be brought to its Crack'd Quality: Having slipt in your Fruit, let the Syrup boil to a Degree between Smooth and Pearled, till the Scum ceases to arise any longer: Then let all be gently laid on a fine Sieve, and left therein to be thoroughly drain'd: That done, grve your Jelly a Boiling, scum it, and put it into Pots, where another thin Scum will arise, which must be taken off, to make the Liquor clear; two or three days after, it may be cover'd with Paper, cut round, and kept for Use.

A Jelly of the like Nature may be made of Pomegranates, or Barberries.

Quaking Jelly of Currans.

TAke six pounds and a half of Currans, squeeze out their Juice as much as is possible, while the Sugar is order'd as before: That done, let your Curran-juice be strained thro' a Sieve, and poured into the Sugar. Afterwards, all being lightly boiled together, to a degree between Smooth and Pearled, the Jelly may be conveniently disposed of in Pots.

Jelly

Jelly of Currans tinged with Raspberries.

TO give the Curran-jelly a Tincture of Raspberries, you may add a handful or two of the latter, according to the quantity of your Jelly.

Jelly of Cherries.

TAKE the best sort of ripe Cherries, and press them thro' a white Linnen-cloth, while the same weight of Sugar is boil'd up to its Crack'd Quality: Then pour in your Cherry-juice, after it has been strain'd, and let all continue boiling, so as the Scum may be carefully taken off, till the Syrup is brought again to a degree between Smooth and Pearled: At that very instant, the Jelly will be made, which may be pour'd into Glasses or Pots, taking off the thin Scum that rises on the top; but those Vessels ought to be left three Days without Covering, which is to be done at last with round pieces of Paper.

Jelly of green Gooseberries.

YOUR Gooseberries being prepared according to the Method above laid down, in order to preserve them; let an equal quantity of Sugar be made Pearled: Then throw in your Fruit, and let all boil together, taking off the Scum till the Syrup return to its Pearled Quality. Afterwards, removing them from the Fire, strain them through a Sieve into a Copper-pan, and put the Jelly so received into Pots, after the usual manner.

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Jelly of Raspberries.

TAKE four pounds of Raspberries, with two of Currans, and five of Sugar. The Sugar being brought to its Crack'd Quality; slip in your Fruits, and let them boil together, till the Scum ceases to rise, and the Syrup has attain'd to a Degree of Boiling, between Smooth and Pearled: Then pour off all into a Sieve, set over a Copper-pan; and a very fine Jelly will pass thorough, which must have another Boiling, and be well scumm'd, in order to be disposed of in Pots, or other Vessels.

Jelly of Apples and other sorts of Fruit.

LET your Apples be cut into pieces, and set over the Fire in a Copper-pan with Water, to make a strong Decoction, which is to boil till they turn as it were to Marmalet: Then strain them thro' a Linnen-cloth, or a fine Sieve, and for every quart of the Liquor take three quarters of a Pound of Crack'd Sugar, in which all must be lightly boil'd to a degree between Smooth and Pearled, and the Scum taken off. If you would give the Jelly a red Colour, cover it as it is boiling, and add some red Wine, or prepared Cochineal.

A Jelly may be also made of Pears and other sorts of Fruit, by observing the same Method.

Jelly of Quinces.

HAVING press'd the Juice out of your Fruit, clarify it, allowing to every quart a pound of Sugar clarified, and boiled up to a Candy-height. Then

Then let all boil together, adding thereto a pint of White-wine, in which Plum-tree or Cherry-tree Gum has been dissolved, and the Work will be brought to Perfection.

COMPOTES of several sorts of FRUIT.

Compotes of Plums.

YOur Plums being pricked with a Pin, and thrown into Water, scald them over the Fire, in the same or other Water ; but as soon as they rise on the top, take them off, and cause them to be speedily cool'd : Then let them be brought again to their Colour, and made soft according to their kind. Afterwards, they are to be put into thin Sugar well heated, and set by for some time. The same Evening, or the next Day, they must be slipt again into a Copper-pan, in order to boil till the Sugar be thoroughly imbibed ; at which instant, one may perceive, that the Scum does not rise any longer, and that the Plums are become soft and tender.

Compotes of ripe Apricocks.

When the Apricocks are pared and stoned, let them be scalded over the Fire, till rising on the top of the Water, they become soft ; at that very instant, they must be removed and left in the same Condition to cool. Afterwards, they are

are to be put into Sugar, as it runs from the Straining-bag, and boiled till the Scum ceases to arise; which is a sign, that your Apricocks have cast all their Juice, and are sufficiently soaked in the Sugar: Otherwise, you may give them a few more Boilings, as also the Syrup, in case too great a quantity of it remains; so as it may be conveniently poured upon the Fruit.

Compotes of Cherries.

HAVING cut off part of their Stalks, take a quarter or half a pound of Sugar, which will be sufficient for the making of one or two Compotes: Let it be dissolved with a very little Water, because the Cherries will yield a great deal of Juice, and let all boil together, taking off the Scum from time to time, till the Cherries become soft, and have thoroughly imbib'd the Sugar. If too much Syrup be left, give it some other Boilings, and at last pour it upon your Fruit.

Compotes of Currans.

LET some Sugar newly pass'd through the Straining-bag, boil to the third degree, called *Blown*; then throwing in your Currans, give them a Boiling, and take them off from the Fire. If you perceive, that they are thoroughly impregnated with the Sugar, they may be dress'd upon China-Dishes, and served up to Table: Otherwise, let them be brought to the Fire again, and have another Boiling.

Compotes of Rasberries and Strawberries.

HAVING caused some Sugar to be brought to its Pearled Quality, slip in your Rasberries, and give them a Covered Boiling; by which means
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the Business will be effected. Compotes of Strawberries are usually made after the same manner; but if the Fruit is somewhat over-ripe, the Sugar must be boiled to a little higher Degree.

Compotes of Apples.

HAVING pared your Apples, cut them into halves or quarters; and as they are done, throw them into fair Water: Then put a quarter of a pound of Sugar (or a greater quantity proportionably for several Compotes) into a quart of Water, or more, and let all boil with the Apples. As soon as they are become very soft, let them be taken out, and laid in order upon China-Dishes, while the rest of the Syrup is boiled and wasted till it turn to a Jelly: That done, pour it upon your Fruit, and squeez in the Juice of an Orange or Lemmon.

Compotes of Pears.

LET your Pears be scalded over the Fire, till they become somewhat soft, and pricked on the top with a Bodkin, even to the Core. When they are cool'd, pare them, and throw them into fresh Water, in order to be put into clarified Sugar, with a little Water. If the Pears are large, they may be cut into halves or quarters, so as they may simmer in the Sugar, and cast their Juice. Then let all boil till the Scum ceases to rise, and your Compote will be made. If too great a quantity of Syrup be left; let it be consumed a little by boiling, and poured upon the Fruit.

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Compotes of roasted Pears and Apples.

WHEN your Pears are sufficiently roasted, pare them as neatly as is possible, slit them and take out the Cores. Then slip them into a Pan, with Sugar, and a little Water, which is to boil and consume, till the Pears become very red, and till very little Syrup be left. Afterwards, having dressed them for your Compote, you may squeeze in the Juice of an Orange or Lemmon, by which means their Relish will be wonderfully heightened.

Compotes of roasted Apples may be made after the same manner; but care must be taken to cause the Fruit to be stewed over a good Fire, and to turn them from time to time with the Ladle.

Compotes of Quinces.

Let your Quinces be pierced to the Core with a Bodkin, and scalded in Water till they become soft: Then remove them from the Fire, to be cooled and pared, taking away the Kernels, and throwing them as they are done, into other fresh Water. Afterwards, being put into one half Sugar, and the other Water, let all simmer together, and set them by for some time. Lastly, when brought to the Fire again, they must be boiled and summed, till they are thoroughly impregnated with the Sugar, in order to be dressed for your Compote with the Syrup: Squeeze in the Juice of an Orange or Lemmon, and let them be served up hot to the Table.

CONSERVES of FLOWERS and FRUITS.

Conserve of Orange-Flowers.

TAKE three pounds of Sugar, and boil it to the Fourth Degree usually call'd *Feathered*: Then having picked a handful of Orange-flowers, let them be chopt and thrown into the Sugar, as soon as the Boiling ceases; so as they may be well impregnated with it: That done, work the Sugar quite round about the Pan, till a small Ice be made on the top, and then speedily pour off your Conserve into Paper-moulds, or others: About two hours after, take it out of the said Moulds, and keep it for Use.

Conserve of Currans.

YOUR Currans being picked, put them into a Copper-pan over the Fire, to cause them to cast their Juice, and drain them well on a Sieve: Then strain them, and let that which runs through the Sieve, be set again over the Fire, to be dried: Afterwards, having brought the Sugar to the fourth degree of Boiling call'd *Crack'd*, slip in as much of the thick Substance of your Fruit, as will be sufficient to give the Conserve a good Colour and Taste, mixing all well with the Sugar: Let the Sugar be work'd and made white round about the Pan, as upon other Occasions, and when a thin

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Ice appears on the top, take off the Pan, and dress your Conserve in the Moulds.

Conserve of Rasberries.

THIS sort of Conserve is usually made as the former, only it must be mix'd with a handful of Rasberries, to give it a Tincture and Smell, as if it were made altogether of that Fruit.

Conserve of Cherries.

HAVING caused your Cherries to be stoned, scalded in Water, and well dried; boil the Sugar to the third degree, called *Blown*, and throw in the gross Substance of the Fruit, tempering the same well with the Sugar: Afterwards, work the Sugar round about the Pan, and as soon as you percieve a small Ice on the top, pour your Conserves into Moulds: But when Cherries are in their full Season, or thorough ripe, you must cause them to cast their Juice, and lay them on a Sieve to drain; then pound them in a Mortar, and set them over the Fire again to be well dried: Afterwards, their thick Substance is to be put into Blown Sugar, as before, and ordered according to the same Method.

Conserve of Violets.

CONSERVE of Violets is made in the same manner, as that of Orange-flowers; only the Violets, when picked, must be beaten in a Mortar, and you are to put into the Sugar, what is requisite to give your Conserve the Colour and Taste of Violets. Many other sorts of Conserves may be prepared at Discretion, by taking Measures from

the former, particulary of Roses, Jessemin, Barberries, Pomegranates, &c.

Other Sorts of Conserues chiefly us'd in the Art of Physick.

Conserve of Violets after the Italian manner.

TAKE the Leaves of blew Violets, separated from their Stalks and Greens; beat them very well in a Stone-Mortar, with twice their weight of Sugar, and set them by for Use in a Glass-Vessel.

The Virtues of this Conserve.

IT allays the heat of Choler, asswages Pains of the Belly, clears the Throat from Roughness, sharp Humours and Driness, and procures Rest. It will keep one Year.

Conserve of red Roses.

TAKE fresh red Roses, not quite blown, pound them in a Stone-Mortar, mix them with double their weight of Sugar, and put them into a Glass close stopped, being not full; let them remain before you use them three Months, stirring them once a Day.

The Virtues.

It cools the Stomach, Heart, and Bowels; prevents Vapors, the spitting of Blood and Corruption. It will keep many Years.

Conserve of Rosemary-flowers.

TAKE new Rosemary-flowers one pound, of white Sugar one pound; beat them together in a Marble-mortar with a wooden Pestle; keep this Conserve in a Gally-pot, or Vessel of Earth well glazed, or in one of hard Stone. It may be preserved for one Year or two.

The Virtues.

It comforts the Heart, the Stomach, the Brain, and all the nervous Parts of the Body.

Conserve of Betony.

BETONY new and tender, one pound; the best Sugar, three pounds; beat them very small in a Stone-mortar, let the Sugar be boiled with two quarts of Betony-water, to the Consistence of a Syrup; at length, mix them together by little and little over a gentle Fire, and make a Conserve, which keep in a Glasse.

The Virtues.

It takes away cold Pains of the Head, purges the Stomach and Womb; it is good for the Stone in the Kidneys, and promotes Conception.

Conserve of Sage.

TAKE new flowers of Sage one pound, of Sugar one pound; and beat them together very small in a Marble-Mortar; then put them into a Vessel well glazed, set them in the Sun, and stir them daily; it will last one Year.

The Virtues.

It is good in all cold Distempers of the Brain, and refreshes the Stomach ; it opens Obstructions, and takes away superfluous and hurtful Humours from the Stomach.

Conserve of Lavender-flowers.

TAKE the Flowers, being new, so many as you please, and beat them with three times their weight of white Sugar, after the same manner as Rosemary-Flowers ; they will keep one Year.

The Virtues.

It comforts the Brain, the Stomach, Liver, Spleen, Womb ; and is good in the Suffocation of the Womb, hardness of the Spleen, and for the Apoplexy.

Conserve of Piony.

IN the Spring, take of the Flowers fresh half a pound, Sugar one pound, beat them together in a good Stone-Mortar : Then put them into a Glass, and set them in the Sun for three Months ; stirring them daily with a wooden *Spatula*.

The Virtues.

It is good against the Falling-sickness, and giddiness in the Head, it cleanses the Reins and Bladder.

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Candy'd CONFECTIONS.

To Candy Rosemary-Flowers in the Sun.

L Et Gum Dragant be steeped for some time in Rose-water, and let your Rosemary-flowers, after they are well pick'd, be soak'd in the said Water: Then rake them out, lay them upon a Paper, and strew fine Sugar over them; this do in the hot Sun, turning them, and strewing Sugar on them, till they are candied, and so keep them for your Use.

To make Sugar-candy.

L Et a sufficient quantity of Sugar boil to the third degree call'd *Blown*, and then put it into an earthen Pot, wherein certain small Sticks are laid in order; round about which the Sugar will coagulate, when set into the Stove with a Fire. Some Confectioners, after having taken away the first Crust; set the rest again into the Stove, till another is formed, and so proceed, till the whole Work is compleated. Others pour the Sugar upon those little Sticks laid upright, cross-wise, or side-wise, and leave all fifteen Days in the Stove: Afterwards, having pour'd in hot Water at several times, they leave them again for a whole Day; and breaking the Pot the next Morning, find the Sugar-candy round about the Sticks. The Virtue of it is well known in curing Defluxions, and other Indispositions of the Breast.

To make Sugar of Roses.

TAKE the deepest-coloured red Roses, pick them, cut off the white bottoms, and dry your red Leaves in an Oven, till they are as dry as possible; then beat them to Powder, and sift it: Take also half a pound of Sugar, beaten fine, put it in to your Pan with as much fair Water as will wet it: That done, set it on a Chafing-dish of Coals, and let it boil till it be Sugar again: Afterwards, put as much Powder of Roses as will make it look very red, stir them well together, and when your Sugar is thoroughly cold, take it off, and put it up in Boxes.

To Candy Barberries and Grapes.

TAKE preserved Barberries, wash off the Syrup in warm Water, and sift fine Sugar on them: Then let them be dry'd in the Stove, turning them from time to time, till they are thorough dry. Preserved Grapes may also be candy'd after the same manner.

To Candy Eringo-roots.

LET the Roots be par'd and boil'd till they are soft, allowing to every pound, two pounds of fine clarify'd Sugar: Afterwards the Sugar being boil'd to a due height, dip in your Roots two or three at once, and dry them in the Stove for Use.

To Candy Elicampane-roots.

TAKE the Roots out of the Syrup in which they were preserv'd, dry them in a Cloth, and for every pound allow a pound and three quarters of Sugar:

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Sugar : Let the Sugar boil to a height, and your Roots being dipped therein, will be well candy'd.

To Candy Cinnamon.

CUt your Cinnamon in form of small Larding-slips of Bacon, and throw them into thin Sugar, so as they may boil only in a little Syrup : Then removing the Pan, let them imbibe the Sugar for five or six Hours, and let them lie a draining upon a Hurdle or Grate in the Stove. As soon as they are half dry ; they must be gently taken off, and laid upon a Sieve in the same Stove, to make an end of drying them. Afterwards, they are to be set in order in Tin-Moulds, upon little Grates made for that purpose, and let into the Moulds ; so as three Rows may be plac'd one above another, separated by those little Grates : That done, let a sufficient quantity of Sugar boiled till it is *Blown*, be poured into your Mould, so as some of it may lie upon the last Grate, and pass through several parts of the Mould, which is to be set into the Stove with a cover'd Fire, and continue there all Night : The next Morning, observe whether the Cinnamon be well coagulated ; set the Mould again into the Stove, upside down, with a Plate underneath, and when it is sufficiently drained, take out your Cinnamon-Sticks, which you must loosen gently by little and little, and then lay them upon a Sieve to be thoroughly dry'd in the Stove.

To Candy Fennel.

LEt your Fennel be well dry'd on a Board, and cut into halves or quarters, according to the thickness of the Stalk : Then scald it, and put it

into thin Sugar, ordering it for the rest of the Work in like manner as the Cinnamon. The same thing may be done in the candying of Quince-paste, Pastils, Orange or Lemmon-chips, Cherries, Bell-grapes, &c.

To Candy Angelica.

LEt the Stalks of *Angelica*, be boil'd in Water till they are tender; then peel them, put them into other warm Water, and cover them till they become very green over a gentle Fire. Afterwards, having laid them on a Cloth to dry, take their Weight in fine Sugar, and boil it to a Candy-height with a little Rose-water: Lastly, slip in your Stalks, boil them up quick, and take them out in order to be dry'd for Use.

To Candy Orange-peels.

LEt your Orange-peels be as often steep'd in fair Water, as you shall judge it expedient, to take away their Bitterness. Then let them be gently dry'd and candy'd with Syrup made of Sugar.

The Virtues.

They corroborate the Stomach and Heart.

To Candy Flowers.

TAke any sorts of Flowers, and cut the Stalks if they are very long, somewhat shorter; that done, let a pound of white Sugar be boiled to a Clearness with eight spoonfuls of Rose-water: When the Sugar begins to grow stiff and cool, dip your Flowers in it, take them out forthwith, and lay them one by one in a Sieve, in order to be dry'd and harden'd in the Stove.

To

To make Barley-Sugar.

A Sufficient quantity of Barley being boil'd in Water, strain it thro' the Hair-sieve, and let this Decoction be put into clarify'd Sugar, brought to the *Caramel* or last degree of Boiling : Then take off the Pan from the Fire, till the Boiling settles, and pour your Barley-Sugar upon a Marble-stone rubb'd with Oil of Olives ; but care must be taken to hinder it from running down : As the Sugar cools, and begins to grow hard, cut it into pieces, and roll it out of what length you please, in order to be kept for Use.

MARMALETS and QUIDDANIES.

Marmalet of Cherries.

THE Cherries being first stoned, are to be set over the Fire, in a Copper-pan, to cause them to cast their Juice : Afterwards being drain'd, bruise'd and pass'd thro' a Sieve, the Marmalet must be put again into the Pan, to be dry'd over a quick Fire, carefully stirring and turning it on all Sides with the *Spatula*, so as no moisture may be left, and till it begins to stick to the Pan : In the mean while, boil some Sugar till it be greatly Feathered ; allowing one pound of it for every pound of Fruit or Paste. That done, cause all to simmer together for a while, and put your Marmalet into Pots or Glasses strew'd with Sugar ; or else proceed to the drying of it.

Mar-

Marmalet of Currans.

TAKE a sufficient quantity of Currans strip off from the Bunches, and soak them in boiling Water till they break: That done, removing them from the Fire, drain them upon a Sieve, and when cold, pass them through the same Sieve, to clear off the Grains. Afterwards they are to be dry'd over the Fire, as before, while the Sugar is brought to the fifth degree of Boiling, call'd *Crack'd*; allowing the same weight of it as of the Fruit: Let all be well intermixed together, in order to simmer for some time, and let your Marmalet be conveniently disposed of in Pors, &c.

Marmalet of Bell-grapes is made after the same manner.

Marmalet of Rasberries.

THE Body of this Marmalet is usually made of very ripe Currans, to which is only added a handful of Rasberries, to make it appear, as if it consisted altogether of the latter.

Marmalet of Plums.

IF they are such Plums as slip off from their Stones, those Stones are to be taken away: Otherwise, scald your Fruit in Water, till they become very soft; let them also be drain'd and well squeez'd thro' the Sieve: Then dry your Marmalet over the Fire, and let it be temper'd with the same weight of Crack'd Sugar: Lastly, having caus'd it to simmer for a while, let it be put into Glasses or Pors, and strew'd with Sugar.

Marmalet

Marmalet of ripe Apricocks.

HAVING provided five pounds of ripe Apricocks, let them boil in two pounds of Pearl-ed Sugar, till they have thrown out all their Scum, and then remove them from the Fire. As soon as they are cool'd, set them again over the Fire to be broken and dry'd, till they do not run any longer : In the mean time, let three pounds and a half of Sugar be brought to its Crack'd Quality, in order to be incorporated with the Paste ; let all simmer together for some time, and let the Marmalet, strew'd with fine Sugar, be turn'd into Pots, as the others.

Marmalet of Apples.

AT first scald your Apples in Water over the Fire, and when they are become very tender, let them be taken out and drain'd : Then strain all thro' a Sieve, and boil your Sugar till it be very much Feathered ; allowing three quarters of a Pound of it for every pound of Fruit. The whole Mass being well temper'd and dry'd over the Fire, according to the usual Method, let it simmer together ; then pour your Marmalet into Pots or Glasses, strew'd with Sugar. Marmalet of Pears is made altogether according to this Method.

Marmalet of Quinces, according to the mode of the City of Orleans in France.

AFTER having pickt out the best sort of Quinces, cut them into pieces, in order to be par'd and clear'd from the Cores and Kernels. In the mean while, having caus'd two pounds of Sugar to be brought to its Crack'd Quality, slip in about six pounds of Fruit, and let all boil together to a
Pap ;

Pap ; which you must turn into a new Cloth, to be well strain'd, and the Liquor that passes thro', will serve for the Marmalet : Let this strained Liquor be pour'd into other Pearled Sugar, to the quantity of four Pounds, and as soon as the Syrup returns to the same Degree of Boiling, let it be carefully scumm'd : Then removing the Pan from the Fire, take off the Scum again (if there be occasion) and pour your Marmalet into Pots, Glasses, or Boxes ; which must be left in the Air for some Days, before they are cover'd.

Marmalet of Quinces after the Italian manner.

ABout thirty Quinces being par'd, and the Cores taken out, put to them a quart of Water, with two pounds of Sugar, and let all boil together till they are soft : Then strain the Juice and the Pulp, in order to be boil'd up with four pounds of Sugar to a due Consistence.

Marmalet of Oranges.

LEt your Oranges be par'd as thin as is possible, and boil'd in two or three Waters, till they are soft : Then take double the number of good Pippins ; cut them into halves, core them, and boil them to Pap, so as they may not lose their Colour ; strain the Pulp, and add a pound of Sugar to every Pint : Afterwards take out the Orange-pulp, cut the Peel, and let it be made very soft by boiling, in order to be bruise'd in the Juice of Lemmons, and boil'd up again to a Consistence with your Apple-pap, and half a pint of Rose-water.

*To make Quiddany of Pippins of an Amber or
Ruby Colour.*

TAKE Pippins, pare them, cut them into Quarters, and boil them with as much fair Water, as will cover them, till they are soft, and sink in the Water: Then having strain'd the Pulp, let a pint of the Liquor be boil'd with half a pound of Sugar, 'till it appear as a quaking Jelly on the back of a Spoon, in order to be pour'd into the Moulds: When your Quiddany is cool'd, turn it on a wet Trencher, and slide it into Boxes. If you would have it of a Red Colour, let it boil leisurely close cover'd, till it is as red as Claret-wine.

To make Quiddany of all sorts of Plums.

TAKE Apple-Water, and boil your Plums in it, till they are as red as Claret. When you have made the Liquor strong of the Fruit, put to every pint half a pound of Sugar, and let it boil till a drop of it will hang on the back of a Spoon, like a quaking Jelly: If you would have your Quiddany of an Amber-colour, only boil it over a quick Fire, and that will produce the desired Effect.

To make Quiddany of Raspberries.

HAVING pickt your Raspberries, put them into a Pot, stop it close, and set it in a Kettle of boiling Water. When they have been stew'd thus almost an Hour, strain the Liquor from the Pulp, and add thereto the weight of double-refin'd Sugar, with a little Musk or Amber-greese: That done, let all boil together over a quick Fire; for if they are long in Boiling, they'll lose their Colour. Quiddany of Gooseberries may be made after the same

same manner, but they must boil an Hour; as also Quiddany of Currans, which will only take up three quarters of an Hour in boiling.

To make Quiddany of Apples, Quinces, Plums, or any other sorts of Fruit.

TAKE a quart of the Liquor of any preserv'd Fruit; and put into it a pound of the same Fruit raw, separated from the Cores, Skins, Stones and Kernels: Then let all boil up with a pound of Sugar, till it will stand upon a Knife-point like a Jelly.

THE PASTES OF FRUIT.

Paste of Cherries.

LET as much Marmelade of Cherries as you shall think fit, be put into a Copper-pan, with some Sugar brought to its Feathered Quality, tempering it well till it slips off from the bottom of the Pan: Then let all simmer together for a while, and let the Paste be immediately dress'd with a Spoon, upon Slates, or in Tin-moulds made in form of a Square, Heart, Flower-de-luce, &c. which are usually set into the Stove to be dry'd with a good Fire.

Paste of Currans.

SET your Currans over the Fire, that they may cast their Juice, and lay them upon a Sieve, when cool'd: Let them also be strain'd thro' the same

same Sieve, and dry'd over the Fire, while an equal quantity of Sugar, that is to say, a pound for every pound of Fruit, is brought to the fifth, or *Crack'd* degree of Boiling, which is to be tempered with it, in the same manner as for making Curran-Marmalet. Then let all simmer for a while, and dress your Paste, in order to be dry'd in the Stove. Otherwise, your Marmalet of Currans may be boiled over again in other Cracked or Feather'd Sugar, observing for the rest, the Directions but now given.

Pastes of Rasberries.

THE Body of this Paste is generally made in the same manner, as for the Marmalet, *viz.* with Currans, and a few handfuls of Rasberries. *Note,* That all these three sorts of Paste are to be lightly strew'd with Sugar, put into a Handkerchief, as they are turning to be dry'd on the other side, and ought to be served up to Table, with the first side uppermost.

Paste of ripe Apricocks.

APricock-paste is usually made as the Marmalet of the same, or else the Apricocks may be only scalded at first without Sugar; but if they are not thorough ripe, bruise them as much as is possible, or pound them in a Mortar. Afterwards, your Fruit must be slipt into an equal quantity of Crack'd Sugar, and incorporated with it, when well dry'd over the Fire: That done, having caused all to simmer, dress your Paste as the others, if you are disposed to dry it at the same time.

Paste

Paste of Plums.

THIS Paste may be made of dry Marmaliet of Plums, putting to it some new Feathered Sugar, according to the above-specify'd Method: Or else your Fruit being duly prepared, *i. e.* strain'd and dry'd, cause it to be intermix'd with Crack'd Sugar. Then let all simmer together, and let the Pastes be dress'd after the usual manner.

Pastes of Apples and Pears.

HAVING scalded your Fruit in Water, till they become soft, let them be drained, pass'd thro' a Sieve, and dried over the Fire; but care must be taken to stir them with the *Spatula* from time to time, both on the bottom and round about, to prevent their Burning. When the Paste slips off from the bottom and sides of the Pan, remove it from the Fire, and cause some Sugar to be greatly Feathered or Crack'd, which must be well incorporated with it, allowing a pound of Fruit, for the like quantity of Sugar. Afterwards, set your Paste again over the Fire, to simmer, and dress it as the others, in Moulds, or upon Slates, setting all at the same time into the Stove to be dried.

Pastes of roasted Apples and Pears.

THese sorts of Pastes have an Advantage above others, in regard that they may be made at all times, and more especially during the Winter-season: Having caus'd your Apples or Pears to be well roasted, take that part of the Pulp which is of a reddish Colour, and most done, and strain it through a Sieve: Then let as much Sugar as Fruit be brought to its Crack'd Quality, and let the
Work.

Work be carry'd on after the same manner, as for all other Pastes.

Quince-Paste.

YOur Quinces being par'd, cut them into quarters, and take away the Cores if you please, or else let all be left. Then having made some Water boil over the Fire throw in the Fruit, and let them continue boiling till they are very soft, in order to be drain'd upon a Grate or Hurdle, and pass'd through the Hair-Sieve: That done, set the Paste over the Fire again, to be dry'd and incorporated with Crack'd Sugar, to the quantity of somewhat more than a pound for every pound of Fruit. Lastly, your Paste must simmer for a while, and then be dress'd as the others.

Orange-Paste.

THis Paste is made as Orange-Marmaler, according to the Method laid down in that Article, or else of the Marmaler it self, order'd as before; that is to say, it must be imbody'd with new Sugar, brought to its Feathered Quality, till it slips off from the bottom of the Pan. Then having caused it to simmer, let it be dress'd after the usual manner, and dry'd in the Stove.

To make Paste of Elecampane-roots, an excellent Remedy for a Cough on the Lungs.

Let young tender Elecampane-roots be boiled till they are soft, then take out the Pith, peel them, and beat them in a Mortar: Take also twice the Weight of fine Sugar, and let it be brought to a Candy-height, with as much Rose-water

water as will melt it. Afterwards slip the Pulp in to the Sugar, with the Pap of a roasted Apple; let all boil till your Paste comes to a good Consistence, and turn it on a Pye-Plate, in order to be dry'd in the Stove.

Several sorts of BISKET.

To make common Biskets.

HAVING slip't the Whites and Yolks of six or eight Eggs into a Bason or Pan, beat them well with some Sack, and a little Rose-water. Then adding a pound of Powder-Sugar, with as much Flower, and half an ounce of Coriander-seeds, mingle all together, and dress your Paste in Paper-Cases or Tin-Moulds, in any form at Pleasure. Afterwards, the Biskets being Ic'd and Dusted with fine Sugar, put into an Handkerchief; are to be set in an Oven moderately heated, till they rise and come to a good Colour. When they are bak'd, take them up with the Point of a Knife, and let them be thoroughly dried in the Stove.

Bisket-drops.

LET one pound of Sugar, four Yolks of Eggs, two Whites, and a little Canary-wine, be beaten well rogether. When the Oven is ready, add one Pound of Flower with a few Seeds, and let all be likewise well incorporated: That done, butter the Paper, lay your Drops in order on it, Ice them with fine Sugar, and set them in a gentle Oven.

Savoy

Savoy, or French Biskets.

HAVING provided a pair of Scales, you are to put three or four new-laid Eggs into one of them, as also some baked Flower into the other; so as there may be an equal Weight of both. In the mean time, set by some Powder-Sugar, of the same Weight as the Eggs, with the Whites; of which a very strong Snow is to be made, by whipping them well with a Whisk: Add thereto at first some Candy'd Lemmon-peel grated or powdered, and then the Flower that was weigh'd before: All being thus mingled together, put in the Sugar, and after having beaten the whole Mass again for a while, slip in the Yolks, so as the Paste may be well tempered: That done, shape your Biskets upon Paper, with a Spoon, of a round or oval Figure, and Ice them neatly with Powder-Sugar. Afterwards, let the Biskets be bak'd in a Campagne-Oven, that is not over-heated, giving them a fine Colour on the Top. When they are done enough, cut them off from the Paper, with a very thin Knife, and lay them in Boxes for Use.

Lisbon-Biskets.

LEt the Whites of three or four Eggs, be beaten a little with the Yolks, and add thereto as much Powder-Sugar, as you can take up between your Fingers, at four or five Times, with four or five spoonfuls of baked Flower, and some Lemmon-peel. When these are all well imbodied together, turn your Paste upon a Sheet of Paper strewed with Sugar, strew the Paste likewise on the Top with the same Sugar, and set it in an Oven

Oven moderately heated. As soon as the Biskets are bak'd, they must be cut all at once with the Paper underneath, according to the Size and Figure, you would have them to be of, and then the Paper may be gently pared off with a Pen-knife.

Chocolate-Biskets.

HAVING scrap'd a little Chocolate upon the White of an Egg, to give it a Tincture, work it up with Powder-Sugar, and the rest of the Ingredients, to a pliable Paste: Then dress your Biskets upon Sheets of Paper, and set them in the Campagne-Oven, to be bak'd with a gentle Fire, both on the top and underneath.

Orange and Lemmon-Biskets.

AN experienc'd Confectioner may readily make up these sorts of Biskets after the same manner; only using a little grated Orange or Lemmon-peel, with some Marmalet, instead of the Chocolate. Other Biskets of the same Nature, may likewise be prepared with Orange or Jessamin-Flowers, beating them well before they are mingled with the other Ingredients.

Biscotins.

TAKE four spoonfuls of Powder-Sugar, one of any kind of Marmalet, as of Apricocks, Quinces, Oranges, Currans, &c. and three Whites of Eggs; to these add a convenient quantity of fine Flower, all which must be well temper'd together till the Paste becomes very pliable: Then proceed to make your *Biscotins* of various Figures, viz. some long, others round, others in form of Ciphers,

Ciphers, Love-knots, and other Devices: They are to be bak'd with a moderate Fire, and taken out of the Oven as soon as they appear of a somewhat brown ruffet Colour. When they are drawn, they must be forthwith clear'd from the Paper; which may be easily done, by wetting the Sheet on the back-side, with fair Water.

MARCH-PANES and MACAR OONS

To make Common March-panes.

TAKE a sufficient quantity of Almonds, which are to be scalded in hot Water, blanch'd, and thrown into other cold Water as they are done: Then being wip'd and drain'd, they must be beaten in a Stone-mortar, and moisten'd with the white of an Egg, to prevent their turning to Oil. In the mean while, having caus'd half as much clarify'd Sugar as Paste to be brought to its Feathered Quality, toss in your Almonds by handfuls, or else pour the boiling Sugar upon them in another Vessel: Let them be well intermixt, and the Paste continually stirr'd on all sides. When 'tis done enough, it must be laid upon Powder-Sugar, and set by to cool. Afterwards, several Pieces of a convenient thickness may be taken; out of which, you are to cut your March-panes with certain Moulds, gently slipping them off with the tip of your Finger upon Sheets of Paper, in order to be heated in the Oven only on one side: That done, the other side is to be Ic'd over, and bak'd in like manner: Otherwise, the Paste may be roll'd out
or

or squeez'd thro' a Syringe, and made curled or jagged, of a round, oval, or long Figure, in the shape of a Heart, &c.

Another sort of Paste for March-panes.

YOur Almonds being blanch'd, cool'd and drain'd as before, pound them well in a Mortar, and moisten them with the white of an Egg, and a little Orange-flower-Water beaten together. Then having provided an equal quantity of Sugar boil'd to the Feathered Degree, slip in the Almonds, and temper all with the *Spatula*: That done, set your Paste over the Fire again to be dry'd, continually stirring the same, till it becomes pliable, and slips off from the bottom of the Pan. Lastly, it must be laid in a Bason with Powder-Sugar underneath, and made up into a thick Roll, to be set by for a while as the former; so as you may at last, shape and dress your March-panes after the same manner.

March-panes, with a Tincture of Rasberries or other sorts of Fruit.

During the Summer-Season, your March-panes may be diversify'd several Ways, viz. by tempering some of them with the Juice of Fruit; as Rasberries, Strawberries, Cherries, Currans, &c. But if those Juices are made use of for soaking the Almonds, when they are pounded with the White of an Egg; the Paste must be well dry'd at the Fire, or else with Powder-Sugar.

To make Macaroons.

HAVING provided a pound of Almonds, let them be scalded, blanch'd, and thrown into fair Water : Then they must be drain'd, wip'd and pounded in a Mortar ; moistening them with Orange-flower-Water, or the White of an Egg, lest they should turn to Oil. Afterwards, taking an equal quantity of Powder-Sugar, with three or four other Whites of Eggs, and a little Musk, beat all well together, and dress your Macaroons upon Paper, with a Spoon, that they may be bak'd with a gentle Fire.

Another sort of Macaroons.

Let a quantity of Almonds be thrown into hot Water, blanch'd and well pounded in a Mortar, strewing fine Sugar on them as they are beating : As soon as they are thoroughly incorporated, add the Whites of Eggs with some Rose-water ; and when your Paste is come to a convenient thickness, slip it off upon Wafers laid on Tinned Plates, in order to be bak'd in an Oven moderately heated.

Several sorts of Pastry-Work in use among Confectioners.

To make Paste for Crackling-Crust.

Take two handfuls of Almonds, which quantity is sufficient for one Pan-pye ; let them be scalded, blanch'd, and thrown into fresh Water : Then they are to be wip'd and stamp'd in
K a Mor-

a Mortar; moistening them by degrees with a little white of an Egg and Orange-flower-Water, to prevent their Oiling: But you must take care more especially, that they be thoroughly pounded; and it is also requisite to pass them thro' a Sieve, to clear off all Clods or Lumps. Having thus prepared your Almond-Paste, you are to spread it on a Dish or Bason, till it become very pliable: Set it by for a while, and then roll out a piece for the Under-crust, to be dry'd in an Oven upon the Pie-pan, while other small Pastry-works are making with what was par'd off, as Ciphers, Knots and other Devices, which may serve for the garnishing of your Pye.

Another sort of Paste for Crackling-Crust.

YOur Almonds being well pounded and moisten'd as before, put as much Sugar as Paste into a Copper-pan, and let it be brought to its Feathered Quality: Then tossing in the Almonds, mingle them well together with the *Spatula*, and set them over the Fire again, so as the whole Mass may be continually stirr'd, till your Paste slips off from the sides and bottom of the Pan. Afterwards laying it in a Dish, let it be strew'd with Powder-sugar on the top, and set by for some time, in order to make a Pye thereof; which Paste (as well as the former) will become Crackling, and Delicious to the highest degree.

A particular kind of Puff-paste.

HAVING made your Paste with Flower, Water, Salt, and the Yolk of an Egg; let it be well kneaded, till 'tis become very pliable, in order to be roll'd out of a convenient thickness and length.

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That done, cover it with as much sweet Butter, and turn one of the ends upon the other, so as the Butter may be enclos'd on the inside : Then roll it again, and continue to do the same thing five or six times ; allowing two pounds and an half of good fresh Butter, for every three pounds of Flower. This sort of Paste is proper for other Pan-pies that are set on the Table without a Desert or Banquet of Sweet-meats ; in which it is not customary to serve up any thing, that is made of or dress'd with Butter.

To make Jumbals.

LET a Pound of fine Flower, and as much white Sugar be made up into a Paste with beaten Whites of Eggs : Then add thereto half a pint of Cream, half a pound of fresh Butter, and a pound of blanch'd Almonds well stamp'd. Knead all together thoroughly with a little Rose-water, and cut out your Jumbals into what Figure you please, in order to be bak'd in a gentle Oven.

To make Cracknels.

TAKE half a pound of fine Flower, dry'd and pass'd thro' a Sieve ; as much double refin'd Sugar, likewise sifted ; a spoonful of Coriander-seed bruise'd, with half a quarter of a pound of Butter rubb'd in the Flower and Sugar. Then moisten the whole Mass, with the Yolks of two Eggs, half a spoonful of white Rose-water, and a spoonful or little more of Cream : Knead the Paste till it is soft and limber ; that done, roll it out very thin, cut your Cracknels round by little Plates, and lay them on butter'd Papers : When they are ready to set in the Oven, prick them and

wash them on the top, with the Yolk of an Egg⁸⁸ beaten and temper'd with a little Rose-water.

To make Almond-Cakes.

TAKE half a pound of Almonds, blanch'd in cold Water, and beat them with Rose-water, till they do not glister any longer. Then let half a pound of Sugar sifted fine, be pounded with the Almonds, till well incorporated; and let the Whites of two Eggs, beaten up with two spoonfuls of fine Flower dry'd in an Oven, be likewise temper'd with your Almond-paste. Afterwards butter the Plates, and dust your Cakes with Sugar and Flower: As soon as they are a little brown, draw them, and when the Oven is cooler, set them in again on Papers, and they'll look whiter.

To make-Wafers.

LET a pound of Flower be well tempered with the Yolks of four Eggs, and two or three spoonfuls of Rose-water: Then make a Batter of it with Cream, and a little Sugar, and bake it on Irons, spread very thin.

Another way of making Wafers.

TAKE as much Flower as you think fit, and mingle it with new Cream in the Evening. The next Day, when 'tis clear'd from Lumps, add Powder-Sugar, somewhat above the quantity of the Flower, so as all may be well intermixt with a Spoon: That done, pour in more Cream, with a little Orange-Flower-Water, till the whole Mass is almost reduc'd to the Consistence of Milk, and stir all well together. In the mean time, the
Wafer.

Wafer-Iron being heated and rubb'd on both sides with fresh Butter, turn your prepared Cream or Batter upon it, which must not exceed a Spoonful and half for every Wafer: Afterwards, lay the Iron upon the Furnace; so that as soon as the Wafer is bak'd on one side, it may be turn'd on the other. When 'tis done enough, rake it off from the Iron with a Knife, and roll it a little round the same. Lastly, spread your Wafers hot upon a Wooden Roller, to give them their due Shape, and set them into the Stove, that they may be continually kept very dry.

To make Rock-Cream.

POUR a quart or three pints of sweet Cream into an earthen Pan, with Powder-Sugar at Discretion, and as much Gum-Dracant beaten to Powder, as can be well taken up between two Fingers: Then let all be thoroughly whipt together with a Whisk, adding a little Orange-flower-Water; whereupon the Cream will rise as high as you would have it, and continue two Days in the same Condition.

Boiled Cream.

BOIL a quart of Milk with some Sugar, and as soon as it begins to rise, slip in six Yolks of Eggs, well beaten with a little fresh Butter: Then let all be continually stirr'd together, till your Cream is brought to a due Consistence, and dress in Cups or China-Dishes.

Several sorts of Sugar-Pastes, call'd, *Pastils*, which are usually dress'd upon *China-Dishes*, to set off a Banquet of Sweet meats.

Cinnamon-Pastils.

HAVING poured Water into an earthen Pot or Pan, let some Gum-Dracant be dissolved therein; that is to say, a quarter of an ounce for every pound of Sugar. When the Gum is well steeped, which will be effected in two or three Days; it must be stirr'd about with a Spoon, and strained through a Linnen-Cloth. That done, pour this Gum-water into a Mortar, with one or two Whites of Eggs, and let all be well intermixt with some Cinnamon beaten very small; and pass'd through a fine Sieve. Then you are to mingle Powder-Sugar likewise sifted through a fine Sieve, with the rest by little and little, continuing to temper all together, till the Paste becomes very pliable. Afterwards, the Pastils may be made of a round, oval, or long Figure, or even of any Shape whatsoever, so as to take any Impression of Seals or Ciphers; and at last they are to be dry'd in the Stove.

White Pastils.

LET your Gum be first steeped in a little Water, with the Juice of three or four Lemmons, and their Zests or Chips. As soon as the Gum is thoroughly

thoroughly dissolved, strain it through a Linnen-Cloth as before, and pour it into the Mortar, with double-refin'd Sugar, fitted through a fine Sieve. Then throwing in a handful of Sugar, let all be well workt and beaten, and add another handful; continuing to beat and temper the whole Mass on all Sides, as it is augmenting with Sugar, till it comes to a very white and pliable Paste, with which you make your Pastils at Pleasure, and dry them in the Stove.

Orange-flower-Pastils.

THESE sorts of Pastils are usually prepared according to the same Method, only some Leaves of Orange-flowers and Water of the same, are to be incorporated with the Lemmon-Juice, in which the Gum is steeped.

Apricock-Pastils.

HAVING caused some Gum-*Arabic* to be steeped in Water, and strain'd through a Cloth, turn it into a Mortar with Syrup of Apricocks: Then you are to temper your Compound, and augment it with Sugar at several times, till the Paste is pliable, in order to make round Pastils, which are dry'd in the Stove, and may afterwards (if you please) be made white in the Wide Pan, after the same manner as Sugar-Plums.

To make Artificial Flowers.

AT first you are to make Pastes of divers Colours, with Gum-*Dragant* thoroughly steeped and mingled with Powder-Sugar, which is to be well tempered, and beaten in a Mortar, till the

K 4.

Paste ;

Paste is become pliable. For the Red, some prepared Cochineal may be added; for the Yellow, Gumbooge; for the Blew, *Indigo* and *Orris*, and for the Green, the Juice of Beet-leaves, which are to be scalded a little over the Fire, to take away their Crudity. The Pastes being thus order'd, and roll'd out into very thin Pieces, may be shap'd in the form of several sorts of Flowers, as Roses, Tulips, Wind-flowers, &c. by the means of certain Tin-Moulds, or else they may be cut out with the Point of a Knife, according to Paper-Models. Then you are to finish the Flowers all at once, and dry them upon Egg-Shells, or otherwise. In the mean while, different sorts of Leaves are in like manner to be cut out of the green Paste, to which you may also give various Figures, to be intermix'd among your Flowers, the Stalks whereof are to be made with Slips of Lemmon-peel. The tops of the Pyramids of dry'd Fruits may be garnish'd with these Artificial Flowers; or else a separate Nose-gay may be made of them, for the middle of your Desert; or they may be laid in order in a Basket, or kind of Cup, made of fine Pastry-work of Crackling-Crust, neatly cut and dry'd for that purpose.

Several sorts of SUGAR-WORKS.

Moss of divers Colours.

TO make white Moss, steep Gum-dragant in fair Water with Lemmon-Juice, and strain it through a Linnen-Cloth. Then take as much

as you think fit, to work up a white PASTE, with double-refined Sugar, powder'd and pass'd through a Sieve, tempering and beating all well together in a Mortar, till the PASTE becomes pliable.

If you are desirous to have the Moss of a Blew, or Violet-Colour, the Gum must be intermixt with *Indigo* and *Orris*. When it is put into the Mortar with fine Powder-Sugar; in which all must be thoroughly tempered together, to make a PASTE of the same Nature as the former.

For red Moss, let some of the same sort of Gum be put into the Mortar, with prepared *Cocheneal*, to give it that Colour.

A Yellow PASTE may likewise be made with Gum-booge or with *Saffron*; and a green PASTE, with the Juice of Beet-leaves, after they have been scalded for a while over the Fire.

If it be requisite to make Marbled Moss of all these PASTES, take a piece of each, and lay them one after another on a Sieve, so that as they are press'd through with a Spoon, certain little Rocks will be formed, which appear Marbled, and of those different Colours.

Meringues in Pairs.

HAVING provided three or four new-laid Eggs, set aside the Whites to be whipt till they make a rocky Snow, into which some Lemmon-peel is to be put, with three or four Spoonfuls of Powder-Sugar; a little Amber may also be added, and the whole Mass must be beaten together, till it become very Liquid. Afterwards, your *Meringues* may be made upon a Sheet of white Paper with a Spoon, of a round or oval Figure, and of the thickness

Thickness of a Walnut : They are also to be dusted with fine Sugar, and set in the Campagne-Oven, with Fire on the top : Whereupon they'll immediately rise and take Colour, leaving a void space in the middle, which may be filled up with a Grain of preserved Fruit, such as a Cherry, Strawberry, Raspberry, &c. Lastly, every one of them is to be cover'd with another Meringue, enclosing the whole Substance, and these are call'd *Twin-Meringues*.

Pistachoe-Meringues.

Let a handful or two of Pistachoes be blanch'd in scalding Water. Afterwards, the Whites of Eggs being whipt as before, and beaten up together with the Powder-Sugar, let the Pistachoes be put in, well drained from the Water : Then you may proceed to make the Meringues with a Spoon, of any thickness at Discretion, and if you please, Ice them over in the same manner : These Meringues will serve for garnishing Pyes made of Crackling-Crust ; and also to dress Pyramids upon *China-Dishes* for the Desert.

Sultanes.

Let the Yolks and Whites of four Eggs, with an equal Weight of Powder-Sugar, and as much fine Flower as will ballance the Weight of two Eggs, be well intermixt, adding (if you please) a grain of Musk, pounded with a little other Sugar. Then dress your Sultanes with a Spoon, upon Papers, strew them on the top, and set them in the portable Oven, with Fire on the Top, and underneath. As soon as they are baked and brought to a good Colour, they must be cleared from

from the Papers, and roll'd up in form of Wafers, in order to be dressed upright in Plates or China-Dishes.

To make the Caramel Sugar-Work.

THE Sugar-work, called *Caramel*, is more especially made use of for covering a Service of Cheese-curds, with a kind of Cap or Net; and it may be done after this manner: Let your Sugar be brought to the last Degree of Boiling, that bears the same Name, while a Plate or China-dish is prepared, upon which divers sorts of small preserv'd Fruits are to be set in order, as green Almonds, Apricocks, Cherries, Rasberries, Orange and Lemmon-Slips, &c. so as their different Colours may be artificially intermixed, to render all more charming to the Sight, by such an agreeable Variety. When the Fruits are thus laid on the bottom and sides of the Plate, or China-Dish, take a Pearling-Pot, or else a Tin-Mould in form of a Funnel, with a very small Hole; pour the Caramel-Sugar into this Mould, and sprinkle your Fruits, turning it about from one side to another, till the whole compass of the Plate is filled up. Whereupon the Sugar thickening, and being dry'd in an Instant, sticks to the Fruit as it falls, so as to form a curious Filigreen or Net-work, very proper to cover, and set out the China-Dishes; which will pleasantly surprize the Guests, who are desirous to take up some of the Fruit with a Fork. Besides, the broken Sugar falling among the Sweet-meats and Cheese-Curds, will make the whole Service more delicious and grateful to the Palate.

Thus Pyramids of raw Fruit, viz. of Cherries, Currans, Rasberries, Mulberries, Strawberries, Plums,

Plums, &c. may be diversify'd, by pouring some Caramel-Sugar upon them, when they are dressed, beginning at the bottom of the Plate, and continuing to turn it to the uppermost Point. So that the Fruit will entirely lie hid, and some part of their Colour only appear, making a very fine Shew under this Sugar-work.

Several sorts of Waters, Wines, and other Drinks, usually prepar'd by Confectioners, for every Season of the Year.

How to Ice all sorts of Waters, &c.

FOR that purpose, you are to provide a kind of Cistern in form of a Box, which is to be fitted on the inside with Tin-Moulds to hold the Liquors. These Moulds being fix'd, and cover'd with their respective Lids, the remaining void Spaces are to be filled up with broken Pieces of Ice, as also with several handfuls of Salt, strew'd up and down every where, and laid over the Moulds, by which means the Liquors will effectually congeal. It is also requisite, that a Hole be made in this Cistern about the middle of its height, to give Passage to the Water into which the Ice dissolves, by Degrees, to prevent its overflowing the Moulds. Then care must be taken from time to time, to break the Ice that is first made on the Surface, and to put Salt again quite round about the said Moulds, which will cause the rest to freeze; so as the *China-Dishes* and other Cups may be

be filled with those small Pieces of Ice, when the Liquors are ready to be served up to Table.

Liquors that are proper for the
Summer-Season.

Apricock-Water.

LET very ripe Apricocks, be par'd, ston'd, and cut into Pieces; then put them into Water, that has boil'd for some time, and add a quarter of a pound of Sugar to every quart of Water. After the Fruit has infus'd for some time, the Work may be finished, by often beating the Liquor out of one Pot into another: That done, strain it, or make it clear, in order to be iced or cooled. *Peach-Water* is made after the same manner.

Cherry-Water.

HAVING picked Cherries that are thorough ripe, let them be cleared from their Stones and Stalks, bruised and steeped in Water; allowing a quart for every two handfuls of Fruit, with a quarter of a pound of Sugar. Then set them by to infuse for some Hours, or else beat up the Water, as before, by pouring it several Times out of one Vessel into another; to the end that it may be strained, and iced in the Cistern.

Cordial.

Cordial Cherry-Water.

TAKE a pottle of *Aqua Vita*, two ounces of ripe Cherries stoned, Sugar one pound, twenty four Cloves, one Stick of Cinnamon, and three spoonfuls of *Anis*-seed bruised : Let these stand in the *Aqua Vita* fifteen Days ; and when the Water has thoroughly drawn out the Tincture, pour it off into another Glass, in order to be kept close stoppt for Use. The Cherries and Spice may also be set by a-part, as being very good for Wind in the Stomach.

Curran-Water.

HAVING caused the ripest Currans to be bruised, squeezed and infused in Water, with Sugar, for five or six Hours ; strain the Liquor through a Sieve, if you would have it iced : Otherwise, if it be designed for a cooling Drink, you need only clarify it, by passing it through the Straining-Bag.

Strawberry-Water.

WHEN the Strawberries are well pickt and bruised, mingle the Juice with such a quantity of Water and Sugar, as may be sufficient to make a pleasant Liquor : Then let all be clarify'd and strained ; squeezing out the gross Substance strongly, to give the Water a red Colour. If you would not have this Liquor iced, it must be made clear, by passing it through the Straining-Bag, or through a Napkin folded into three or four Doubles.

Raspberry-Water.

THIS Water is made according to the former Method. The proper Tincture and Smell may also be given to both sorts, without the Colour,

four, by making use of white Strawberries or Raspberries : But it ought to be observed, that all these sorts of Liquors, which have no great Smell, may be perfum'd with Musk or Amber, at Pleasure.

Orange-Water.

THE Juice of three or four *Sevil-Oranges*, being squeez'd into two quarts of Water, steep the Pulp and Zests in the same Water, for some Hours, with a good piece of Sugar. This Liquor for a quicker Dispatch, may be beat up, by pouring it out of one Pot into another, and then strained through a Bag or Sieve, in order to be cooled or iced : The Juice of a Lemmon added, will give it a more agreeable Tartness.

Lemmon-Water.

WHEN you have in like manner squeezed out the Juice of three or four Lemmons into two quarts of Water ; let the Pulp and Zests be soaked therein, with a quarter of a pound of Sugar, during some Hours : Then strain the Liquor as before, and set it by to be iced or cooled.

Orangeade.

TO make this Liquor, a greater quantity of Oranges is requisite than for the Common Orange-water ; that is to say, six Oranges and two Lemmons for every quart of Water. The Juice of these being squeezed out, leave the Zests to steep for some time ; or else beat up the Water, by pouring it out of one Vessel into another : That done, having press'd the Oranges, the Liquor may be strained and set by to cool.

Limon-

Limonnade.

FOR this Liquor, you may allow three Lemmons to every quart of Water, with a quarter of a pound of Sugar. After having squeezed out the Juice into the Water, let the Pulp and Zests be left to infuse for a considerable time; then press the Lemmon-Pulp and Peel, strain the Liquor, and set it by to cool.

Another sort of Limonnade.

HAVING pour'd two quarts of Wine, and one pint of Water, with the Juice and Zests of two Lemmons, into an earthen Pan, add thereto nine or ten Ounces of Sugar, at Discretion: Afterwards, leaving these Ingredients to infuse about half an Hour, let the Liquor be pass'd thro' the Straining-Bag, and disposed of in Bottles.

Liquors that are proper for the
Winter-Season.

Anis-feed Water.

LET a handful of Anis-seeds be well cleansed and infus'd in a quart of Water, with a quarter of a pound of Sugar. When they are sufficiently soaked in the Water, strain it off, and add a little Brandy to enrich it, if you are not desirous to have it cooled or iced.

Cinnamon-

Cinnamon-Water.

HAVING provided the best Cinnamon well beaten, let it infuse for three Days in a Vessel of double Glais, with fair Water or Rose-water, a pint of White-wine, and a proportionable quantity of Sugar: To that purpose, 'tis requisite to set the Vessel upon hot Embers, or in a warm Place well cover'd; afterwards the Liquor may be strain'd, and kept for Use.

Coriander-seed-Water.

TAKE a handful of Coriander-seeds clear'd from the Husk or Cod, and put them into a quart of Water, with a quarter of a pound of Sugar, so as all may be left to soak, till the Sugar is dissolved, and the Water tastes strong of the Seeds: Then having beat up the Liquor, by pouring it out of one Pot into another, let it be strained and cooled, as Occasion serves.

Clove-Water.

TO make this Water, some Cinnamon is usually intermixt with the Cloves, whose Scent would otherwise be too strong and offensive to the Brain; so that eight or ten Cloves are sufficient for a quart of Water, with a good piece of Sugar. After all has been infus'd for some time over hot Embers, or in a warm Place, the Liquor is to be strained and served up to Table.

Kernel-Water.

TAKE an Earthen Pitcher of a convenient Size, and pour into it two quarts of good Brandy: Then add thereto, an ounce and a half of Apricock,

cock-kernels well pounded with the Skins, or else two ounces of Cherry-kernels likewise well beaten; as also about a quarter of a dram of Cinnamon, two Cloves, as much Coriander-seed, as may be taken up between two Fingers, nine or ten ounces of Sugar; and two Glasses of boild Water, after it is become cold. Then the Pitcher is to be well stoppt and all the Ingredients left to infuse two or three Days: Afterwards, let your Liquor pass thro' the Straining-bag till it is clear, and put it into Bottles, which must be kept close stoppt.

To make Ratafia of Cherries.

HAVING bruis'd twenty pounds of Cherries, put them into an earthen Pot, or rather into a wooden Cask in which Brandy has been kept for sometime. Then add the Kernels of your Cherries, and three pounds of Strawberries likewise bruis'd, with five pounds of Sugar, three Penny-worth of Cinnamon, a small handful of whole white Pepper, some Nutmegs, twenty Cloves, and ten quarts of good Brandy: Leave your Vessel open ten or twelve Days; then stop it up close, and let it stand by two Months before you rap it. To give your Ratafia the scent of Rasberries and Strawberries, some of them may be steep a-part in Brandy, with Sugar and Cinnamon, or else the Juice of those Fruits may be us'd for that Purpose. For the better colouring of the same, the Juice of Mulberries is likewise to be mingled with Brandy, and clarify'd by passing it thro' the Straining-bag, as well as those of Strawberries and Rasberries: The Mulberries also serve to give it a Body, and make a very delicious Liquor, when infus'd with the other Ingredients.

White

White Ratafia.

TAKE a gallon of Water, and a pound of Sugar, with an ounce of Cinnamon, some white Pepper, Ginger ty'd up in a Rag, Nutmeg, Cloves and Mace. Set all these over the Fire in a Pan or Skillet, and slip in the White of an Egg to clarify your Sugar: Then take off the Scum, and let it boil till it is reduc'd to a third Part; at least if you perceive that your Liquor is not sufficiently impregnated with the Ingredients. Afterwards, taking it off from the Fire, add thereto a quart of Brandy, and pass all thro' the Straining-bag, or only thro' a fine Sieve. You may give it a Scent, with the Juice of white Raspberries, or with Orange-flower-Water.

Apricock-Ratafia.

THIS sort of Liquor is made two several Ways, viz. either by infusing the Apricocks cut into pieces in Brandy for a Day or two, then passing it thro' the Straining-bag, and putting in the usual Ingredients: Or else the Apricocks may be boil'd in White-wine, and by that Means more easily clarify'd; adding an equal quantity of Brandy, and a quarter of a pound of Sugar to every Quart, with Cinnamon, Cloves, Mace, and the Kernels of the Apricocks. After all the Ingredients have infus'd eight or ten Days, the Liquor is to be strain'd again, and put into Bottles or Pitchers; and so kept for Use.

To make Usquebagh.

TAKE two quarts of the best *Aqua Vita*, four ounces of scrap'd Liquorish, half a pound of slic'd Raisins of the Sun, Anis-seeds four ounces,
Dates

Dates and Figgs, of each half a pound; slic'd Nutmeg, Cinnamon and Ginger, of each half an ounce: Put these to the *Aqua Vite* in a Bottle, stop it up close, and set it in a cool Place for ten Days; then sweeten the Liquor with Sugar-candy, and strain it; that done, let it stand till it is clear, and put in two Grains of Musk and Amber-greece.

Several SORTS of WINE.

To make White Hippocras.

TAKE two quarts of Lisbon-White-wine, a pound of Sugar, an ounce of Cinnamon, two Corns of whole black Pepper, a little Mace, and a Lemmon cut into three or four pieces: Let all infuse for some time, and afterwards pass thro' a Straining-bag; which is to be hang'd up, so as a Vessel set underneath may receive the Liquor, the Bag being kept open by the means of two Sticks: Strain your Hippocras three or four times successively, and in case it does not pass freely, add half a Glass of Milk, which will soon produce the desir'd Effect: You may also give it the Scent of Musk and Amber by wrapping up a grain of it beaten with Sugar, in Cotton, which is to be stuck at the end of the Straining-bag.

Red Hippocras.

HAVING pour'd two quarts of good Claret into an Earthen-Pan, take half a dram of Cinnamon, two Grains of white Pepper, a little long

long Pepper, half a small Blade of Mace, and about half a Shell full of Coriander-seed, all bruis'd a-part: Then put into your Wine, a pound of Sugar, or somewhat more, beaten in a Mortar, and six sweet Almonds likewise stamp'd, with half a Glass of Brandy: Let the whole infuse an hour, the Vessel being cover'd and close stop't; but it must be stirr'd a little from time to time, with a Spoon, to cause the Sugar to dissolve. At last, you are to add half a Glass of Milk, and pass your Hippocras thro' the Straining-bag, as before.

*A sort of Hippocras prescrib'd by Dr. Twin, for
Wind in the Stomach.*

TAKE Pepper-corns, Ginger, of each half an ounce; Cinnamon, Nutmeg, Cloves, and Mace, beaten gross, of each one ounce; Rosemary, Agrimony, both shred, a few Crops; of red Rose-leaves, an indifferent Gripe, and a pound of Sugar beaten: Lay these to steep in a Gallon of good *Rhenish* or White-wine, in a close Vessel; stirring all about two or three times a day, for four Days together: Then pass your Liquor thro' the Straining-bag, and drink a Draught of it half an hour before Meals, also sometimes after, to help Digestion.

A delicious Wine.

TAKE two Lemmons cut into Slices, with a couple of Pippins par'd and likewise slic'd: Put these into a Dish with half a pound of Powder-sugar, six Cloves, a little Cinnamon beaten, a quart of good *Burgundy*-wine, and some Orange-flower-Water: Let all be well cover'd, and stand to infuse three or four Hours: Then strain the
Liquor

Liquor after the usual manner, and give it the Scent of Musk or Amber, at pleasure.

To make Stepony or Raisin-Wine.

TAKE two pounds of Raisins of the Sun shred, a pound of good Powder-sugar, the Juice of two Lemmons, and one whole Peel: Let these boil half an hour in two Gallons of Spring-Water; and then taking the Liquor off from the Fire, pour it into an earthen Pot, which is to be cover'd close for three or four Days, stirring it twice a Day, and adding a little Spice, Sugar and Rose-water. Afterwards, having strain'd out your Wine, bottle it up, and in a Fortnight or three Weeks, it will be fit to drink. Some Cowslips or Clove-Gilliflowers may also be put thereto, according to the Season of the Year when it is made.

Raspberry-Wine.

RIPE Raspberries being bruis'd with the back of a Spoon, strain them and fill a Bottle with the Juice; stop it but not very close, and set it by for four or five Days: Then pour it off from the Dreggs, and add thereto as much *Rhenish*, or White-wine, as the Juice will well colour; that done, sweeten your Wine with Loaf-sugar, and bottle it up for Use.

Elder-wine.

LET ten pounds of *Malago-Raisins* pick'd from the Stalks be well clean'd and shred small: Afterwards, having set two Gallons and a half of Water over the Fire, to boil an hour, pour it upon the Raisins, and let all stand ten days in a Tub; stirring it from time to time: Then strain the Li-
quor

quor thro' a coarse Sieve, and to two gallons and a half thereof allow one quart of the Juice of Elder-berries that were put into a Pot, and set in a Kettle of boiling Water. This Juice when cold, is to be mix'd with the Liquor, and turn'd into a Vessel to work. When your Wine has stood close stopt up, till it is very clear, draw it off into Bottles, and keep it for Use.

Damfin-Wine.

HAVING provided four Gallons of Water, put to every Gallon, four pounds of *Malago-Raisins*, and half a peck of Damfins, in a Vessel without a Head; which being cover'd, they are to steep six Days; stir them twice every day, and let them stand as long without stirring: Then draw off your Wine, colour it with the infus'd Juice of Damfins sweeten'd with Sugar, and turn it into a Wine-Vessel for a Fortnight, in order to be made fine, and afterwards dispos'd of in Bottles.

Distilled W A T E R S.

To make Brandy.

HAVING fill'd half a great Copper-cucurbite with Wine, cover it with its Head or Refrigeratory, and fit a Recipient thereto: Then Lute the Joynts exactly with moisten'd Bladder, and with a gentle Fire, draw off about a fourth part of your Wine, or till the Liquor which is distill'd, will no longer burn or take Flame when thrown into the Fire; then that which is found in the Recipient is real Brandy.

Royal

Royal Brandy.

Take *Lignum-Aloes*, the Roots of *Zedoary*, *Angelica*, *Carlina*, and *Valerian*, of each one ounce ; *Cinnamon*, *Mace*, *Lemmon-peel*, of each six drams ; *Cardamum*, *Fennel-seeds*, *Cloves*, of each half an ounce ; *sweet Marjoram*, *Sage*, *Rosemary*, *Orange-flowers* ; as much as can be twice taken up between two Fingers : Beat what is requisite to be beaten, and put all into a *Marras* well luted, with *Spirit of Wine* and *Malmsey*, of each a Gallon : Let the whole Mass be moderately macerated for the space of three Days ; then distill it in a *Sand-bath*, and afterwards dissolve therein half a dram of *Musk* and *Amber-greece*.

The Dose of this Brandy ought not to exceed half an ounce, either alone, or mixt with any other convenient Liqueur. Its particular Virtue is, to strengthen the Brain, Stomach, Heart, and all the noble Parts, that are weaken'd by a Dissipation of the Spirits, or oppress'd by their too great abundance, or by the ill Qualities of Humours.

Spirit of Wine.

THe usual Method for preparing Spirit of Wine, is to distil Brandy in an Alembick, as long as the Spirit comes off pure. For that purpose, about half the quantity of Brandy is usually drawn off by Distillation, and the Phlegm or Water which remains in the bottom of the Alembick, is thrown away as good for nothing. Then half the Spirit which was distilled is brought to a second Distillation, and the Phlegm likewise thrown away : Thus these Rectifications are to be continued, till Fire being set to a Spoonful of this Spirit, it burns all together, and no Phlegm is left.

Foras.

Forasmuch as this Operation is somewhat tedious, a particular Machine has been invented to shorten it: 'Tis call'd a Serpentine, by reason of the Circumvolutions which it makes in form of a Rhombus: This Device is fitted to a Cucurbite, which holds the Brandy, and the top of it shap'd like a Tunnel, receives a Head; where to a Recipient being fitted, and the Joynts carefully luted; the Still is set over a gentle Fire, which causes the Spirit to fly up, while the Phlegm, retarded by its weight, cannot rise so high. By this means a Spirit of Wine, clear'd from its Phlegm is readily drawn off at once.

Rosa Solis of Turin.

Et half a large Copper-cucurbite be fill'd with strong delicious Wine; adding thereto Cinnamon, Cloves and Mace with Sugar dissolv'd in some sweet Water, as that of Orange-flowers, Nissamin, or Tuberosa, &c. to give the Liquor a scent. Afterwards, having cover'd the Cucurbite with its Head, and having fitted a Recipient thereto, lute the Joynts well; in order to distill over a slow Fire. Then you'll have a very pleasant *Rosa Solis*, which may be kept as long as you think fit.

Queen of Hungary Water.

Take two pounds of Rosemary-flowers gather'd in the Morning in dry and clear Weather; beat them into a Cucurbite, and pour on them three quarts of good Brandy. The Cucurbite is to be cover'd with a Blind Alembick, the Joynts being well luted, and the whole is to be put into digestion in a Vaporous Bath, with a gentle Heat, during

during 24 Hours, or else in the Sun, for three Days. Afterwards, having taken off the Blind Alembick, to substitute one with a Beak, in its room, and having caus'd the Joynts to be well luted again; you are to distill in *Balneo Maria* every thing that is capable of rising.

Another way of making Queen of Hungary Water.

LEt half a Glass-body or other sort of Vessel be fill'd with Rosemary-flowers, gather'd when they are in their prime; and let Spirit of Wine be pour'd on them, so as they may be well soak'd therein: Then set your Alembick in *Balneo Maria*, fitting a Recipient to its Head; lute the Joynts exactly, and make a Fire underneath, to digest all for three Days; which being expir'd you are to unlute, and pour off what is distill'd in the Cucurbite: That done, fit up your Alembick again, augment the Fire very much, to cause the Liquor to distill, so as the Drops may follow one another successively, almost without intermission: As soon as you have thus Drawn off about two thirds, remove the Fire, let the Vessels cool and unlute them. Whereupon you'll find in the Recipient, a most excellent Water, which is to be kept in Vials close stopr.

Another sort of Queen of Hungary Water, that is stronger, and of a more exquisite Scent than the former.

TAKE thirty two ounces of Rosemary-flowers; Rosemary-leaves, tops of Thyme, sweet Marjoram, Winter-Savoury, *Costus* and Sage, of each four ounces; let all be bruise'd and beaten Gross: Then put them into a great Cucurbite adding

adding Sal Armoniack and Salt of Tartar powder'd, of each one ounce ; pour on them six quarts of Spirit of Wine, cover the Cucurbite with its Head, fit a Recipient thereto, lute the Joynts, and proceed in the Digestion and Distillation as before.

Virginal Milk.

TAKE three ounces of Benjamin, with half an ounce of Storax, reduce them to a gross Powder, and put them into a Bottle or Matrafs, half of which remains empty : Pour on these a quart of Spirit of Wine, lute your Vessel exactly, and set it to digest for three Days, covering it round about with hot Dung : When that time is expir'd, you are to filtrate the Liquor ; that is to say, strain it thro' a Sheet of Cap-paper, and keep it in a Vial well stop't : Some add five or six Drops of Balsam of Peru, to give it a Scent. This Water is effectual in taking off Spots or Freckles in the Face.

Another sort of Water to clear the Face from Freckles.

TAKE a pound and a half of Strawberries, white Flowers-de-luce and Beans, of each half a pound ; Roche and Plume-Allum, half an ounce ; Sal Gemme and Niter, two Drams : Let all these steep fifteen Days in Malmsey, Hamshire-Honey, and White-wine-Vinegar, a quart of each ; and afterwards distill them in a moderate Sand-bath : When you would make use of this Water, dip a fine Rag into it, and apply it to the Part affected, at Night, going to bed ; wash it the next Morning, with Nenuphar-water.

Strawberry-Water.

LET your Strawberries be bruis'd, and steep'd in White-wine for twenty four hours: Then put all into a Glass-body or other Vessel, and distill their Moisture. This Water is very good to be taken inwardly and in Drink.

Another Way of drawing off Strawberry-Water.

TAKE a good quantity of ripe Strawberries, bruise them, and put them into a great Stone-pitcher, so as it may not be above two thirds full at most: Let this Pitcher be well luted, and set to digest in hot dung, for three or four days; or till the Matter has acquir'd a vinous Smell: Then pour it into a Copper-cucurbite lin'd with Tin, and having set its Head on, with the Refrigeratory, and a Glass-recipient, lute the Joynts exactly, in order to distill the Liquor in a Vaporous Bath: By this Means, you'll have a Strawberry-water, which is very spirituous, and good to corroborate the Heart and Brain; as also to purifye the Blood, being taken from half a spoonful to two. It is also made use of to clear and beautify the Skin.

Raspberry-Water.

IF you would have this Water distill'd for Drink, it cannot be done better than according to the first Method, but now laid down for Strawberries: Only to render both more pleasant, some Sugar may be added, and if you please, a little Cinnamon.

Water

Water of Apricocks, Peaches, &c.

ALL the other Waters of Fruits, as of Apricocks, Peaches, Cherries, &c. may be prepar'd as the former: That is to say, all these Fruits, are to be bruise'd and steep'd in White-wine twenty four hours, in order to have their Moisture distill'd, in a Cucurbite, after the usual manner.

The Lord Spencer's Cherry-Water.

Et a Pottle of New Sack, and four pounds of thorough ripe Cherries stoned, be put into an earthen Pot, with an ounce of Cinnamon, Saffron unbruise'd one dram; tops of Balm and Rosemary, or their Flowers, of each one handful: Let all these Ingredients stand close cover'd twenty four Hours, stirring them now and then. Afterwards, they are to be turn'd into a cold Still, with two drams of beaten Amber, one ounce of Coriander-seed, and one dram of Alkermes, in order to be leisurely distill'd; adding twenty grains of Musk, when the Distillation is over. This is an excellent Cordial, proper for Faintings and swoonings, for Crudities of the Stomach, Wind and Swelling of the Bowels, and several other Distempers, incident to Humane Bodies.

Lemmon-Water.

Take twelve very fair Lemmons, slice them, and put them into a quart of White-wine, with Cinnamon two drams, Galingale as much, Rose-leaves, Borage, and Bugloss-flowers, of each one handful, and one dram of yellow Sanders. All these being infused together twelve hours, di-

still them gently in a Glass-Body, till one Pint and a half of the Water is drawn off. Then add three ounces of Sugar, with one grain of Amber-greece, and you'll have a most pleasant cleansing Cordial Water, for many Uses.

Rose-Water.

FOR the distilling of these Flowers, a flat Copper-Vessel, lin'd on the inside with Tin, call'd a *Rosary*, is generally made use of, and the Rose-leaves are put into it without Bruising. Having fitted a Helm of Tin or Copper tinn'd to this Vessel, the Rose-water is to be distill'd over a gentle naked Fire. When the Head is taken off, the Rose-leaves are found at the bottom in form of a Cake, which being dry'd in the Sun, are kept for a Perfume, or they may be boil'd in Wine, and us'd as a Fomentation: But Rose-water may be more effectually prepared by distilling the Leaves in a Vaporous Bath.

Orange-Flower-Water.

TAKE six pounds of Orange-Flowers, when they are in high Season; bruise them in a Stone-Mortar, and put them into an earthen Pitcher; adding Six ounces of the outermost Peel of Seville Oranges, cut in small Pieces, and pouring in White-wine and Balm-water, of each two quarts. Stir all about with a Stick, and having stop'd the Pitcher up close, set it to digest in hot Dung two Days; at the end of which, you are to unstop the Vessel, and speedily turn the Matter into a large Cucurbite: Afterwards, having fitted a Head and a Recipient thereto, set it in *Batho Maria*,

rie, or in a Vaporous Bath, so as the Moisture may distil by means of a very vehement Fire. Thus you'll have an excellent Orange-Flower Water, which must be kept in Bottles well stop't.

Water of other sweet-Smelling Flowers.

THE Flowers of Betony, Thyme, Sago, Lily-convalley, Lavender, Rosemary, and others that have very little aqueous Moisture, are to be first sprinkled with White-wine or Water; then let them macerate or infuse two days, and distil them in *Balneo Mariae*.

A Water of Flowers good for the Complexion of Ladies.

TAKE the Flowers of Elder, Flower-de-Luce, Mallows, and Beans, with the Pulp of Melon, Honey, and the white of Eggs; and let all be distilled, as those expressed in the last Article. This Water is very effectual to take away wrinkles in the Face, and gives a Vermillion-Tincture to the Skin.

Thyme-Water, for the Passion of the Heart.

TAKE a quart of White-wine, and a pint of Sack, with a good quantity of broad Thyme, Galingale and *Calamus Aromaticus*, of each one ounce, Cloves, Mace, Ginger, and grains of Paradise, two drams: Let these Ingredients steep all Night, and the next Morning distil them in an ordinary Limbeck. This Water is to be drunk warm with Sugar.

Dr. Butler's Cordial Water against Melancholy, &c.

TAKE the Flowers of Cowslips, Marigolds, Pinks, Clove-gilliflowers, Steck-gilliflowers, of each four handfuls; the Flowers of Rosemary and Da-

mask-Roses, of each three handfuls; Borage and Bugloss-flowers, with Balm-leaves, of each two handfuls: Put them into a quart of *Canary-wine*, in a great Bottle or Jugg, close stop't with a Cork, sometimes stirring the Flowers and *VVine* together, also adding thereto, one dram of *Anis-seeds* bruised, two Nutmegs slic'd, and two Pennyworth of *Englisk Saffron*. After some time of Infusion, distil them in an Alembick with a quick Fire, hanging at the Nose of the Still, *Ambergreece* and Musk, of each one grain: Then put to the distilled *VVater*, six ounces of white Sugar-candy beaten fine, and set the Vessel that holds it, in hot *VVater* for an hour. Take of this *VVater*, at one time three spoonfuls, thrice a *VWeek*, or when you are ill; it disperses all Melancholy Fumes, and wonderfully comforts the Spirits.

Water of Carduus Benedictus.

LET the third part of an Alembick be filled with *Carduus Benedictus*, gather'd in its prime, and pounded in a Mortar: Then pour in a sufficient quantity of the Juice of other *Carduus*, got by Expression, to the end that the Plants swimming therein, may not be in danger of sticking to the bottom of the Cucurbite, during the Distillation; and let all distil over a moderate Fire, till about half the Juice which was put in, is drawn off in *VVater*.

Imperial Water.

TAKE of Cinnamon, four ounces, Nutmeg and Lemmon-peel, two ounces; Cloves, *Calamus Aromaticus*, *Santalum Citrinum*, Piony-Roots, of

of each an ounce; Laurel-flowers, tops of Hyssop, Marjoram, Thyme, Savoury, Flowers of Sage, Rosemary and Lavender one handful. Beat what requires beating, and let the whole steep twenty four hours in VWhite-wine and Balm-VWater, a Pottle of each, and a pint of Orange-flower VWater. Afterwards, the whole Mass is to be distill'd in *Balneo Mariae*, or otherwise. This VWater is good for several Distempers, and more especially to promote the Delivery of VWomen in Child-Bed.

Angelical Water.

TAke of the Roots of *Florence-Orris* and *Benjamin* an ounce and a half, *Storax* six drams, Rose-wood half an ounce, *Santalum Citrinum* two drams, *Calamus Aromaticus*, and *Labdanum* two scruples, *Benzoin-flowers*, one scruple. All these being reduced to Powder, let them steep twenty four hours in a pint of Rose-water, and half a pint of Orange-flower-VWater, in a Matraiss well luted, and set in a warm *Balneo Mariae*; afterwards the whole is to be distilled in the same Bath, raised to a higher Degree of Heat. This Angelical-VWater is applied outwardly, and so called by reason of its most fragrant and agreeable Scent.

Clary-Water for the Back, Stomach, &c.

LEt three gallons of middling Beer, be put into a great Brass-Pot, with ten handfuls of Clary gathered in fair VVeather, Raisins of the Sun stoned, three pounds, *Anis-seed* and *Liquorish*, of each four ounces; the VWhites and Shells of twelve Eggs, beaten and mixt together, and the bottoms of three VWhite-Loaves: Distil all these together in an Alembick, and put into the Recei-

ver one pound of white Sugar-candy, and as much Loaf-Sugar powder'd fine : Keep this Water close stop't up, and be seldom without it ; for it very much revives the Stomach and Heart, strengthens the Back, procures Appetite and Digestion, drives away Melancholy, Sadness, &c.

The Lady Spotswood's Stomach-Water.

TAKE White-wine, one pottle, Rosemary and Cowslip-flowers, of each one handful, as much Betony-leaves, Cinnamon and Cloves beaten gross, of both one ounce : Let all these Ingredients steep three days, stirring them often ; then add four ounces of Mithridate, mixt with the rest, and distil the whole in an ordinary Alembick.

Dr. Montford's Cordial Water.

TAKE *Angelica*-leaves, twelve handfuls ; *Carduus Benedictus*, Balm and Sage, of each five handfuls ; the Seeds of *Angelica* and sweet Fennel bruised, of each five ounces ; Liquorish scraped and bruised, twelve ounces ; *Aromaticum Rasatum*, *Diamoschus Lucis*, of each six drams ; The Herbs being sliced small, and the Seeds beaten, let them infuse twenty four hours in two gallons of *Canary-wine* ; then distill them with a gentle Fire, and only draw off five pints of the Spirit, which you are to mingle with one pound of the best Sugar, dissolved in half a pint of red Rose-water.

A singular Mint-Water.

TAKE a good quantity of Mint, with Balm and Penny-royal, of each one handful ; steep them in Sack, or Lees of the same twenty four hours, stop them up close, and stir them now and then

then. Afterwards, you are to distil them in an Alembick, with a quick Fire, and put into the Receiver as much Sugar as will sweeten your Water.

The admirable and most famous Snail-Water.

LEt a peck of Garden Shell-Snails be well washed in Small Beer, and set in a hot Oven, till they have done making a Noise : Then taking them out, wipe off their green Froth, and bruise them Shells and all in a Stone-Mortar : In the mean time, let a quart of Earth-worms, after they are scour'd with Salt, sit and washed clean from their Filth, be likewise beaten to pieces in a Mortar. Afterwards, you are to lay in the bottom of your Distilling-pan, two handfuls of *Angelica*, and as much *Celandine* upon them ; to which add two quarts of Rosemary-flowers, Bears-foot, Agrimony, red Dock-roots, Betony, Wood-forrel, of each two handfuls, Rue one handful. Then laying the Snails and Worms on the top of the Herbs and Flowers, pour over them three gallons of the strongest Ale, and let them stand all Night. In the Morning, put in three ounces of Cloves beaten, six Penny-worth of beaten Saffron, and on the top of all, six ounces of shav'd Harts-horn. Set on the Limbeck, lute it well, and so receive the distill'd Water by pints, which will be nine in all : The first is the strongest, whereof take in the Morning two spoonfuls, in four spoonfuls of Small Beer, and the like in the Afternoon ; you must keep a good Diet, and use moderate Exercise to warm the Blood.

This

228 *A QUEEN'S Delight.*

This Water is good against all Obstructions whatever : It cures a Consumption and Dropsy, removes Stoppages in the Stomach and Liver. It may also be distill'd with Milk, Harts-tongue, and Elicampane for weak Persons and young Children.

ESSENCES, OILS, and other
PERFUMES.

To make Essence or Oil of Cinnamon.

LEt four pounds of good Cinnamon be beaten, and set to steep in six quarts of common warm Water ; leaving it thus to digest in a Glasse-Vessel well stop't, for two days ; which being expired, you are to turn your Infusion into a great Copper-Alembick, in order to be distilled with a very quick Fire, till three or four pints of Liquor are drawn off. Then unlute the Alembick, and pour in the distill'd Water by Inclination : You will find in the bottom a little Oil, which is to be put into a Vial, and stop't up close. Let the Liquor be distilled as before ; afterwards, having turned the Water into the Alembick ; take out the Oil at the bottom of the Receiver, and put it to the former. Reiterate this Operation, till no Oil rises any longer, then remove the Fire, and distil the Water left in the Receiver, after the same manner as Brandy is rectify'd for Spirit of Wine ; by which means you'll have a most excellent Essence of Cinnamon.

Orber

Other odoriferous Essences or Oils.

THe Oils of almost all sweet-smelling Plants may be extracted after the same manner, but now laid down for Cinnamon, as those of Rosemary, Lavender, Juniper, Gilliflowers, *Anis*, &c. and those Oils or Essences swim on the top of the distill'd Water, or are precipitated to the bottom, accordingly as they are more or less impregnated with Salt.

Essence of Orange-Flowers.

Let your Orange-flowers steep in common Water, and distil them with a quick Fire, as you do Cinnamon, only you may add several small Oranges bruised, and a good deal of the outer Peel of other common *Sevil-Oranges*: And after the Distillation (which is to be perform'd as before) you'll find the Essence swimming on the top of the Water, which is to be separated by means of a little Cotton, and kept in a Bottle close stop't; so as you may make use of it in any Perfumes, at Pleasure.

Certain Oils that are of singular Use.

Such are those of Almonds, as well bitter as sweet, Filberds, the cold Seeds, *Benjamin*, Poppy, &c. To extract them, it is only requisite to beat all those Matters in a Mortar, and put them into a Press, without heating them, because they very easily yield their Oil; besides, that the Fire would give them a disagreeable Taste, and an ill Impression.

To make an excellent Perfume.

Take a quarter of a pound of Damask Rose-buds, cut clear from the Whites; stamp them very well, adding a good spoonful of Damask
Rose

Rose-water; and let them stand close stopp'd all Night: Then take one ounce and a quarter of *Benjamin* beaten fine, and even sifted, (if you please) twenty grains of *Civet*, and ten grains of *Musk*; mingle these with the *Roses*, beating all well together, in order to be made up in little Cakes, and dry'd between Sheets of Paper.

Tincture of Amber-greece.

TAKE *Amber-greece*, one ounce; *Musk* two drams; *Spirit of Wine* half a pint: Put all into a Glass stopp'd close with a Cork and Bladders, and set it in Horse-dung ten or twelve days: Then gently pour off the *Spirit of Wine*, and keep it in a Glass well stopp'd; put more *Spirit of Wine* to the *Amber-greece*, and do as before; after all, the *Amber-greece* may serve for ordinary Uses. A drop of this Tincture will perfume any thing, and it is also very good in Cordials.

To make a Pomander.

TAKE *Benjamin*, *Storax*, and *Labdanum*, of each one ounce: Then heat a Mortar very hot, and beat all these Gums to a perfect Paste, adding six grains of *Musk*, and four grains of *Civet*: Afterwards, having roll'd up the Paste with your Hands into small Beads, make Holes in them, and string them while they are hot.

*An admirable Perfume to burn between two
Rose-Leaves.*

TAKE an ounce of *Juniper*, an ounce of *Storax*, half a dozen drops of *Clove-water*, six grains of *Musk*, and a little *Gum-dragant* steep in Water:

ter: Beat all these to a Paste, and roll it in small Pieces: Afterwards, being put betwixt two Rose-leaves, and dry'd in an Oven, they'll burn with a most pleasant Smell.

An excellent Damask-Powder.

TAke of Orris half a pound, Rose-leaves four ounces; *Lignum Rhodium* two ounces; *Lignum Aloes* one ounce; *Benjamin* one ounce and a half; *Storax* as much; Cloves one ounce; Amber-greece half a quarter of an ounce; Musk and Civet, of each ten grains: Beat all these together gross, except the Rose-leaves, which are to be put in afterwards. This is a fine Powder to lay among Linnen.

Several sorts of SYRUP.

Syrup of Violets.

TAke a pound of pickt Violets, and beat them in a Mortar, with half a Glasse of Water to moisten them a little. In the mean time, having caused four pounds of Sugar to be brought to its Pearled Quality, take it off the Fire, and let the boiling cease; then slip in your Violets, and temper all well together: Afterwards, strain them through a fine Linnen-cloth, and receive your Syrup into an Earthen Pan, which when cold, is to be put into Bottles.

Another

Another way of making Syrup of Violets.

LEt six pounds of Violets infuse in two gallons of warm Water, eight hours, in a glaz'd Earthen Pot, with a narrow Mouth ; to the end, that being well stop't up, the Virtue and Scent of the Flowers may not exhale. Afterwards, having caused this Water to be heated again, squeez them out, and put in again the same quantity of Flowers, leaving them to infuse in like manner for eight hours, in order to be press'd again strongly. Then to every quart of this Liquor, add four pounds of Sugar, and boil it up to a Syrup.

Syrup of Roses may be made according to either of the Methods laid down in the preceding Articles.

Syrup of Cleve-Gilliflowers.

WEigh out three pounds of those Flowers, well clipt from the V Whites, and put them into an earthen Vessel glaz'd on the inside, and having a narrow Mouth : Pour over them, five quarts of Spring-water boiling-hot, and bear down the Flowers with a V Wooden *Spatula* : The Pot being close stop't, set it on hot Ashes for an Hour, at the Expiration of which, you are to give your Infusion a small Boiling ; then strain it, and press the Flowers. That done, let the Liquor be heated again, and pour'd hot on three pounds of fresh Gilliflowers, put into the same Vessel. Afterwards, this Liquor is to be claiify'd, with the white of an Egg, and mixt with six pounds of good Sugar, boild to the Pearled Degree. Then pour the whole through a Sieve into an earthen Pan set underneath,

underneath, or else strain it through a fine Linnen-Cloth.

This Syrup is of great Efficacy against an infectious Air, malignant and Epidemical Feavers: It also corroborates the Heart and Brain, either taken alone in a Spoon, or in ordinary Drink.

Syrup of Cherries.

TAKE a quart of the Juice of Cherries, and clarify the same, by passing it through the Straining-bag: Then adding a pound and a half of Sugar, boil it to the Pearled Degree: VVhen your Syrup is cold, put it into Vials to be kept for use.

Syrup of Currans.

LEt the Juice of Currans, passed through the Straining-bag, be mingled with an equal quantity of Sugar that has almost attained to its Cracked Quality, and the Syrup will come to its full Perfection.

Syrup of Mulberries.

HAVING brought two pounds of good Sugar to its Blown Quality, slip in a pound of Mulberries, and give them eight or ten Boilings: Then pour all into a Sieve, set over an earthen Pan, and put the Syrup you receive into Bottles, to be us'd as occasion serves.

Syrup of Barberries.

LEt Barberries pick'd from the Stalks, be boil'd to a Pulp, and strain'd: Then clarify the Juice, and boil it up to a Syrup, with an equal quantity, or somewhat more, of refin'd Sugar.

Syrup

Syrup of Quinces.

THIS Syrap may be made, by passing grated Pulp of Quinces through a Cloth, to extract the Juice. Afterwards, this Juice being clarify'd, by letting it settle in the Sun, or before the Fire; a pound of Sugar is to be boil'd to the Blown Degree, which is sufficient to mingle with four ounces of your Quince-Juice. If it should check the heat of the Sugar too much, you may give the Syrap some Boilings, till it is become Pearled; then set it by to cool, and put it into Bottles.

Syrup of Lemmons or Citrons.

HAVING par'd Lemmons or Citrons, slice them thin; lay a Layer of Sugar bearen fine; and over that a Layer of Fruit in a Silver-Bason, till it is fill'd, or holds as much as you intend to make; and so let it stand all Night: The next Day, pour off the Liquor that runs from your Fruit into a Glass, through a Tiffany-Strainer: Be sure you put Sugar enough to them at first, and they'll keep a Year good, if well set up.

Certain

Certain particular CURIOSITIES relating to the Confectionary A R T.

To preserve White Walnuts.

HAVING provided Walnuts that are come to their full Growth, but before the Wood is form'd, pare them nearly till the VWhite appears, and throw them into fair Water: Afterwards, let them boil for some time in the same Water, while other Water is set over another Furnace, into which the Walnuts are to be put as soon as it begins to boil. To know whether they are done enough, prick them with a Pin, from time to time, so that when they slip off from it, they must be remov'd from the Fire. To make them white, throw in a handful of beaten Allum, and give them one Boiling more: Then they are to be forthwith cool'd by turning them into fresh Water, in Order to be put into Thin Sugar, allowing one Ladleful of Water for every two of Sugar. After your Walnuts are well drained, slip them into earthen Pans, and having caused the Sugar and Water to be heated together, pour it upon them. On the next Day, you are to clear the Syrup from the Pans, without removing the VWalnuts, because they must not be set over the Fire all; let this Syrup have five or six Boilings, augmenting it a little with Sugar, and let it be pour'd on the VWalnuts: On the second Day, it must have fifteen Boilings; on the third Day,

Day, it must boil, till it is very Smooth, between Smooth and Pearled, and at last entirely Pearled, taking care to encrease the quantity of Sugar, at every time, to the end that the VValnuts may be equally soaked in the Syrup. To bring the whole Work to Perfection, let them continue in the Stove during the Night, and the next Morning they may be put into Pots, or you may make an end of drying them in the same Stove at Pleasure, as other sorts of Fruit.

For VValnuts preserv'd Liquid, in case you add some Syrup of Apricocks, they'll keep much better. If you have a mind to stuff them with Lemon-peel, it may be done before they are set in the Stove. For that purpose, it would be requisite to make an Opening, with the point of a Knife, either quite through, or on the top of the VValnut, and then the Lemon-peel issuing from thence, will appear as if it were the natural Stalk. If some Amber be also added, it will give it a Perfume very grateful both to the Taste and Smell.

To preserve green Apricocks.

First let the Apricocks be duly prepar'd and well clear'd from the soft Hair or Down, with which they are cover'd, by the means of a good Lye, in which they are to be scalded. Afterwards, they are to be order'd with Thin Sugar, that is to say, for every two Ladlesful of Clarify'd Sugar, one of VWater is to be allow'd, and all made lukewarm together: Having slit your Fruit well drain'd into an earthen Pan, pour this Syrup upon them, and lay them a-part till the next Day: Then setting all over the Fire, in a Copper-pan, cause them

them to simmer, stirring them about gently from time to time : The next Day, drain the Apricocks on a Cullendar, and give the Syrup seven or eight Boilings, adding a little more Sugar ; then throw in your Fruit, and let all simmer together. The same thing is to be reiterated for four or five Days, giving your Syrup fifteen, sixteen, or twenty several Boilings ; and always augmenting it with a little Sugar, by reason of its Diminution, and to the end that the Fruit may be equally soaked therein ; that done, the Apricocks must be put into the Syrup, and made to simmer at every time : Lastly, bring them to Perfection, boil your Syrup, till it becomes Pearled, adding also some other Sugar likewise Pearled, and having turned in the Fruit, let all have a Cover'd Boiling : Then remove the Pan from the Fire, and take off the Scum : As soon as the Apricocks are cool'd, drain them in a Cullender, and lay them on Slates or Boards, in order to be dry'd in the Stove. If you would have green Apricocks preserv'd Liquid, put them into a Pot, with their Syrup, when the whole Work is finished ; and they may be dry'd at any time, as occasion requires.

Green Apricocks peeled.

HAVING caused your Apricocks to be neatly peeled, pierce them thro' the middle with a Knitting-Needle, and throw them into fair VVater : They ought also to boil in other VVater ; but when they rise on the top, they must be thrust down, and left to cool in their own Liquor. Afterwards, being set on the Fire again, to bring them again to their green Colour, they must be boil'd
till

till they slip off from the Pin, and put into Sugar, in the same manner as the former, as well to be kept dry as liquid. Green Almonds may be likewise preserved, after they have been clear'd from their Husks, and cleansed, by observing the Directions already given for Green Apricocks.

To preserve Amber-Plums.

LEt your Amber-Plums be prickt with a Pin in several Places, and boil'd in the same Water into which they were thrown. As soon as they rise on the top of the Water, remove them from the Fire, to be forthwith cool'd in fresh Water. Then let them be drained and soaked in Clarify'd Sugar, which is to be heated and pour'd upon the Fruit lying in the Earthen Pans: On the next Day, drain them again, and boil the Syrup till it is Somewhat smooth: On the second Day, the Syrup must be likewise boil'd, till it become very Smooth, and on the third, till it is Pearled; when the Plums are to have seven or eight Boilings. As often as they are thus set over the Fire, they must be augmented with Sugar, which has attain'd to the same Degree of Boiling, to the end that the Fruit may be always equally soak'd in the Earthen or Copper-Pans, in which they are left, after they have simmer'd for some time. Lastly, they are to lie in the Stove during the whole Night, so as they may be conveniently drained, and dress'd the next Morning, in order to be dried in the same Stove, after the usual manner.

To make an excellent Liquor, call'd Orzar.

TAKE two ounces of Melon-seeds cleansed, with five or six Sweet-Almonds, and as many bitter ones: Beat the whole Compound in a Mortar, and reduce it to a Paste, so as to leave no Clods, sprinkling the same now and then, with five or six drops of VWater, to hinder it from turning to Oil: VWhen your Seeds and Almonds are thoroughly stamped, add thereto half a pound of Sugar, which is to be likewise well pounded with your Paste. Then slip the said Paste into two quarts of VWater, and let it steep therein. Afterwards, put in about a spoonful of Orange-flower-Water, and pass the Lquor thro' a Straining-Bag, pressing the gross Substance very hard, so as nothing may be left therein; you may also pour in a Glass of new Milk: Lastly, turn your Liquor into two Bottles and set it by to cool.

To make Sherbet.

HAVING provided Calves-feet with part of a Fillet of Veal, clear'd from the Fat; put them into a Pot, with a proportionable quantity of VWater and VWhite-wine; let them boil for a considerable time, and take off the Scum carefully: VWhen your Meat comes to Raggs, and there is only left a third part of the Broth, strain it thro' a Cloth, and skim off all the Fat with two or three Feathers. Afterwards, turn the whole Mess into a Pan, with a Stick of Cinnamon, two or three Cloves, a little Lemmon-peel, and as much Sugar as will serve to make it a pleasant Liquor: Let all
boil

boil together; clarify it with the VWhite of an Egg whipt, and pass it thro' the Straining-Bag. VWhen this Liquor is to be kept for a long time, it is requisite to allow two pounds of Sugar for every quart of Broth, or Juice of Meat, observing for the rest, the former Directions: But at last the Liquor is to be boil'd to the Pearled Degree, and put into Bottles.

Refade.

THIS Liquor is made of pounded Almonds and Milk, to which is added clarify'd Sugar: But it will not keep very long, because 'tis apt to grow greasie, and as it were so Unctuous, that it becomes very disagreeable to the Palate.

F I N I S.

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